

**Waukesha County**  
**Community Health Survey**  
Summer 2003

Commissioned by:  
**Aurora Health Care**

In Partnership with:  
**Waukesha County Health Department**

Prepared by:  
**JKV Research, LLC**

## Table of Contents

<u>Section Title</u>	<u>Page Number</u>
Purpose .....	1
Methodology .....	1
Summary .....	4
Key Findings .....	9
Rating Their Own Health .....	9
Health Care Coverage .....	11
Routine Checkups .....	12
Vaccinations .....	17
Prevalence of Select Health Conditions .....	18
Prevalence of Select Alternative Treatments .....	21
Physical Well Being and Body Weight .....	22
Nutrition and Diet .....	26
Women's Health .....	29
Men's Health .....	31
Other Tests .....	32
Reducing the Risk of Skin Cancer .....	34
Safety: Seat Belts and Bicycle Helmets .....	36
Cigarettes and Tobacco Products .....	40
Alcohol Use .....	45
Mental Health Status .....	47
Detectors in Household .....	50
Presence of Firearms in Household .....	51
Personal Safety Issues .....	52
Appendix A: Additional Questions .....	53
Environmental Problems in Their Community .....	54
Awareness of and Experience with Public Health Department .....	55
Exercise for at Least Twenty Minutes in Typical Week .....	57
Appendix B: Questionnaire Frequencies .....	59
 <u>Table Title</u>	 <u>Page Number</u>
Table 1. Weighted Demographic Variables of Survey Respondents .....	2
Table 2. Rate Own Health by Demographic Variables .....	10
Table 3. Routine Checkup by Demographic Variables .....	13
Table 4. Cholesterol Test by Demographic Variables .....	14
Table 5. Dental Checkup by Demographic Variables .....	15
Table 6. Eye Exam by Demographic Variables .....	16
Table 7. Flu Vaccination by Demographic Variables .....	17
Table 8. Told or Received Treatment in the Past Three Years by Demographic Variables .....	20
Table 9. Received Alternative Treatment in the Past Three Years by Demographic Variables .....	22
Table 10. Moderate Physical Activities in a Typical Week by Demographic Variables .....	24
Table 11. Overweight by Demographic Variables .....	25
Table 12. Fruit and Vegetable Servings on Average Day by Demographic Variables .....	27
Table 13. Frequency of Eating Fried/Fast Foods by Demographic Variables .....	28
Table 14. Time Since Last Mammogram by Age .....	29
Table 15. Time Since Last Pap Smear by Demographic Variables .....	31

<u>Table Title</u>	<u>Page Number</u>
Table 16. Time Since Last Digital Rectal Exam by Age .....	32
Table 17. Time Since Last Blood Stool Test by Demographic Variables .....	33
Table 18. Time Since Last Sigmoidoscopy or Colonoscopy by Demographic Variables .....	34
Table 19. Reducing the Risk of Skin Cancer (Regularly) by Demographic Variables.....	36
Table 20. Wear Seat Belt by Demographic Variables .....	37
Table 21. Helmet Usage by Demographic Variables (Of Those who Ride, Inline Skate or Scooter) .....	39
Table 22. Current Smokers by Demographic Variables .....	41
Table 23. Favor Ordinance to Prohibit Smoking in Eating Establishments In Their Community by Demographic Variables .....	44
Table 24. Number of Drinks on an Occasion in Past Month by Demographic Variables of All Respondents .....	46
Table 25. Finding Meaning and Purpose in Daily Life by Demographic Variables .....	49
Table 26. Detectors in Household by Demographic Variables .....	50
Table 27. Major/Moderate Environmental Problems in Their Community by Demographic Variables .....	55
Table 28. Awareness of and Experience with Public Health Department by Demographic Variables .....	56
Table 29. Exercise for at Least Twenty Minutes in Typical Week by Demographic Variables .....	58

<u>Figure Title</u>	<u>Page Number</u>
Figure 1. Rate Own Health.....	9
Figure 2. Type of Health Care Coverage .....	11
Figure 3. Received Pneumonia Vaccination (Respondents 65 and Older) .....	18
Figure 4. Told or Received Treatment in the Past Three Years .....	19
Figure 5. Received Alternative Treatment in Past Three Years.....	21
Figure 6. Moderate Physical Activities/Week.....	23
Figure 7. Reducing the Risk of Skin Cancer (Regularly) .....	35
Figure 8. Smoking Preference in Restaurants .....	42
Figure 9. Felt Sad, Blue or Depressed in Past 30 Days .....	47
Figure 10. Managing Stress.....	48
Figure 11. Detectors in Household.....	50
Figure 12. Major or Moderate Environmental Problems in Their Community.....	54
Figure 13. Exercise for at Least Twenty Minutes in Typical Week .....	57

## Purpose

The purpose of this project is to provide Waukesha County with information for an assessment of the health status of residents. Primary objectives are to:

1. Gather specific data on behavioral and lifestyle habits of the adult population. Selected information will also be collected about respondent household.
2. Gather data on the prevalence of risk factors and disease conditions existing within the adult population.
3. Compare, where appropriate and available, health data of residents to state and national measurements.

## Methodology

The Waukesha County Community Health Survey was conducted through a grant provided by Aurora Health Care. The purpose of this effort is to gather information on the health practices and health-related behavioral risks of residents. This report is part of a comprehensive survey of Eastern Wisconsin commissioned by Aurora Health Care in partnership with local health departments to identify areas of greatest need.

Respondents were scientifically selected so that the survey would be representative of all county adults 18 years old and older. The sample of random telephone numbers included both listed and unlisted numbers. Respondents within each household were randomly selected using the Hagen/Collier selection technique. At least 8 attempts were made to contact a respondent at each household. Screener questions verifying location was included. Data collection was conducted by Management Decisions Incorporated.

A total of 800 telephone interviews were completed between February 24 and May 13, 2003. With a sample size of 800, we can be 95% sure that the sample percentage reported would not vary by more than  $\pm 4$  percent from what would have been obtained by interviewing all persons 18 years old and older who lived in Waukesha County. The margin of error for smaller subgroups will be larger. Data has been weighted by sex and age to reflect 2000 census data of the proportion of these characteristics in the county. Table 1 shows the demographic variables of respondents. Throughout the report, some totals may be more or less than 100% due to rounding and response category distribution.

The survey was conducted by JKV Research, LLC. For technical information about survey methodology, contact Janet Kempf Vande Hey, M.S. at (920) 687-9909 or [janet.vandehy@jkvresearch.com](mailto:janet.vandehy@jkvresearch.com). For further information about the survey, contact Mark M. Huber, M.S. at (414) 219-2025 or [mark.huber@aurora.org](mailto:mark.huber@aurora.org).

## Demographic Profile of Waukesha County Community Health Survey

Table 1. Weighted Demographic Variables of Survey Respondents

	Survey Results
TOTAL	100%
Gender	
Male	48%
Female	52
Age	
18 to 24	8%
25 to 34	15
35 to 44	26
45 to 54	22
55 to 64	13
65 and Older	15
Education	
High School Graduate or Less	28%
Some Post High School	30
College Graduate	41
Household Income	
\$30,000 or Less	18%
\$30,001 to \$60,000	38
\$60,001 or More	37
Not Sure/No Answer	6
Married	68%

## What do the percentages mean?

Results of the Waukesha County Community Health Survey can be generalized to the adult population with telephones in the county. In 2000, the U.S. Census Bureau identified 265,864 adult residents in the county.

When using percentages from this study, it is important to keep in mind what each percentage point, within the margin of error, actually represents in terms of the total adult population in the county. One percentage point equals approximately 2,700 adults. So, when 8% of respondents reported their health was fair or poor, this roughly equates to 21,600 residents  $\pm 10,800$  individuals. Meaning that from 10,800 to 32,400 residents may have fair or poor health in the county. Because the margin of error is  $\pm 4\%$ , events or health risks that are small will include zero.

The 2000 Census counted 135,229 households in Waukesha County. In certain questions of the Community Health Survey, respondents were asked to report information about their household. Using the household count, each percentage point for household-level data represents approximately 1,350 households. For example, 7% of survey respondents reported that someone in their household is not covered by health insurance. Thus, the estimated number of households with someone not covered by health insurance would be 9,450.

## Definitions

Marital status: Married respondents were classified as those who reported married and those who reported a member of an unmarried couple. All others were classified as not married.

Moderate physical activity is recommended by the Centers for Disease Control and Prevention/American College of Sports Medicine for at least 30 minutes on five or more days of the week. Moderate physical activity includes walking briskly, mowing the lawn, vacuuming, gardening, dancing, swimming or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity.

Overweight was calculated using the Center for Disease Control's Body Mass Index (BMI). Body Mass Index is calculated by using kilograms/meter<sup>2</sup>. A BMI of 25.0 to 29.9 is considered overweight and 30.0 or more as obese. This is a change from previous years when a BMI greater than 27.3 for females and 27.8 for males was classified as overweight. Differences between Waukesha County data and state or national data prior to 2000 may occur as a result of definition. It is important to review the definition of overweight when comparing data. Throughout the report, the category "overweight" includes both overweight and obese respondents.

Current smoker is defined as someone who smoked a cigarette in the past 30 days.

Recently, the "binge drinking" definition changed. Previously, the Centers for Disease Control (CDC) considered binge drinking as five or more drinks at one time, regardless of gender. Now, binge drinking for females is four or more drinks while for males it has remained at five or more drinks. The new definition is based on weight and metabolism differences between the sexes. At this time, there is no state or national statistic based on the new binge drinking definition.

## Summary

This research provides valuable behavioral data, lifestyle habits, and the prevalence of risk factors and disease conditions of Waukesha County residents. The following data are highlights of the comprehensive study. Please see the full report for more detailed findings.

<b>Overall Health</b>		<b>Risk Conditions in the Past 3 Years</b>	
Waukesha County	<u>2003</u>	Waukesha County	<u>2003</u>
Excellent .....	30%	High Blood Pressure.....	17%
Very Good.....	37%	High Blood Cholesterol .....	17%
Good .....	25%	Heart Disease/Condition .....	6%
Fair or Poor .....	8%	Asthma (Current).....	6%
		Diabetes .....	4%
<i>Other Research: Excellent/Very Good</i>	<u>2001</u>	<b>Moderate Physical Activity/Week</b>	
Wisconsin .....	57%	Waukesha County	<u>2003</u>
Nation .....	56%	Inactive .....	20%
		Insufficient .....	52%
		Recommended.....	28%
<b>Health Care Coverage</b>		<i>Other Research: Recommended Physical</i>	
Waukesha County	<u>2003</u>	Activity	<u>2000</u>
Personally Not Covered .....	3%	Wisconsin .....	27%
Household Member Not Covered (current) ...	7%	Nation .....	26%
Household Member Not Covered (past yr)....	12%		
<i>Other Research: Personally Not Covered</i>	<u>2001</u>	<b>Nutrition and Diet</b>	
Wisconsin .....	10%	Waukesha County	<u>2003</u>
Nation .....	13%	Fruit Intake (2 or more servings/day) .....	69%
<b>Advance Care Plan</b>		Vegetable Intake (3 or more servings/day) .....	28%
Waukesha County	<u>2003</u>	Fried Food/Fast Food (a few times/week) .....	48%
Yes .....	36%	Overweight.....	53%
<b>Routine Checkups</b>		<i>Other Research: Overweight</i>	<u>2001</u>
Waukesha County	<u>2003</u>	Wisconsin .....	59%
Routine Checkup (2 years or less) .....	84%	Nation .....	58%
Cholesterol Test (2 years or less).....	72%		
Dental Checkup (past year).....	80%	<b>Women's Health</b>	
Eye Exam (2 years or less).....	84%	Waukesha County	<u>2003</u>
<b>Vaccinations</b>		Mammogram (50+; past year).....	65%
Waukesha County	<u>2003</u>	Pap Smear (past year).....	64%
Flu shot (past year) .....	34%	<i>Other Research: Wisconsin</i>	<u>2001</u>
Pneumonia (ever—65 years or older) .....	65%	Mammogram (50+; past year) .....	69%
		Pap Smear (past year) .....	66%
<b>Alternative Treatment in Past 3 Years</b>		<b>Reduce Risk of Skin Cancer</b>	
Waukesha County	<u>2003</u>	Waukesha County	<u>2003</u>
Massage Therapy.....	19%	Avoid Artificial Sources of UV Light .....	71%
Chiropractor .....	18%	Use Sunscreen with SPF 15 or Higher .....	63%
Aroma Therapy.....	6%	Wear Sun Protective Clothing.....	54%
Movement Therapy.....	6%	Avoid Sun Between 10 a.m. and 4 p.m. ....	44%
Meditation.....	5%		
Acupuncture .....	2%		

<b>Men's Health</b>		<b>Alcohol Use</b>	
Waukesha County		Waukesha County	
Digital Rectal Exam (Within Past Year)	<u>2003</u>	Of all Respondents	<u>2003</u>
40 to 49 Years Old .....	26%	Drink in Past Month .....	70%
50 and Older .....	43%	3+ Drinks on Occasion in Past Month.....	28%
<b>Other Tests</b>		Binge in Past Month	
Waukesha County		[5+ Drinks (Male): 4+ Drinks (Female)] .....	16%
Blood Stool Test (50+; within past 2 years)...	50%	Drive or Ride When Driver Had Perhaps Too	
Sigmoidoscopy or Colonoscopy		Much to Drink (past month).....	2%
(50+; within past 2 years).....	39%	<i>Other Research: Had 5+ Drinks at One Time</i>	
<b>Safety</b>		Wisconsin .....	26%
Waukesha County		Nation .....	15%
Wear Seat Belt Always/Nearly Always	<u>2003</u>	<b>Mental Health Status</b>	
Adult .....	88%	Waukesha County	
Children .....	94%	Felt Sad, Blue or Depressed in Past 30 Days	<u>2003</u>
Wear Bicycle Helmet Always/Nearly Always		Always/Nearly Always .....	3%
(Of Those Who Ride Bike or In-Line Skate)		Never .....	37%
Adult .....	31%	Managing Stress	
Children .....	67%	Excellent/Good .....	79%
Detectors		Poor .....	3%
Smoke Detector .....	53%	Find Meaning and Purpose in Daily Life	
Carbon Monoxide .....	<1%	Never/Seldom .....	5%
Both .....	45%	Considered Suicide (past year) .....	2%
Neither .....	2%	<b>Firearms in Household</b>	
<b>Tobacco Use</b>		Waukesha County	
Waukesha County		Of all Households...	<u>2003</u>
Current Smokers .....	21%	Have a Firearm .....	32%
Quit Smoking 1 Day or More in Past		Have a Loaded Firearm .....	2%
Year Because Trying to Quit (smokers) .....	38%	Have a Loaded Firearm Unlocked.....	1%
Health Care Provider Advisement to		<b>Personal Safety in Past Year</b>	
Quit Smoking (smokers).....	51%	Waukesha County	
Smoking Indoors or in Vehicle .....	12%	Afraid for Their Safety .....	6%
Smoking Preference in Restaurants		Pushed/Kicked/Slapped/Hit .....	2%
Smoke-free .....	67%	<b>Additional Questions</b>	
Allow Smoking .....	10%	Waukesha County	
No Preference .....	23%	Major/Moderate Community Problems	<u>2003</u>
Ordinance Prohibiting Smoking in Eating		Pollution in Lakes, Rivers, or Streams .....	35%
Establishments		Safe Drinking Water .....	22%
Moderately Favor .....	25%	Sewage/Septic .....	18%
Strongly Favor .....	39%	Pesticides .....	17%
<i>Other Research: Current Smokers</i>		Awareness of/Experience with Public Health Dept.	
Wisconsin .....	24%	Aware of /No Experience.....	64%
Nation .....	23%	Aware of/Received Services .....	28%
		Exercise at Least 20 Minutes/Week	
		Not at All .....	24%
		Three or More Times .....	55%



## **Overall Health and Health Care Key Findings**

Sixty-seven percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with a high school education or less, with \$30,000 or less in household income or physically inactive respondents were more likely to report fair or poor conditions.

Three percent of respondents reported they personally did not have health care coverage. Seven percent reported someone in their household currently was not covered while 12% reported in the past 12 months someone was not covered. Unmarried respondents were more likely to have someone currently not covered or in the past twelve months. Eighty percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; college graduates were more likely to report this. Thirty-six percent of respondents had an advance care plan; older respondents were more likely to report this.

Eighty percent of all respondents reported a visit to the dentist in the past year while 61% reported having a routine medical checkup, 55% an eye exam and 53% reported a cholesterol test. Female respondents were more likely to report a routine checkup or eye exam in the past year. Older respondents were more likely to report a routine checkup or cholesterol test in the past years while age varied when looking at dental or eye exam. Respondents with higher education or higher household income were more likely to report a dental exam in the past year. Married respondents were more likely to report a routine checkup, cholesterol test or dental visit in the past year or eye exam in the past two years.

Thirty-four percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for females or older respondents. Sixty-five percent of respondents 65 and older had a pneumonia vaccination.

## **Health Risk Factors Key Findings**

Out of nine health conditions listed, high blood pressure, high blood cholesterol or heart disease/heart condition were the most often treated conditions in the past three years. Current asthma was at the same percent as heart disease/condition. Older respondents were more likely to report several of the health conditions including high blood pressure, high blood cholesterol, heart disease/condition or diabetes. Respondents with a high school education or less were more likely to report high blood pressure while respondents with some post high school education or less were more likely to report high blood cholesterol. When household income was lower, the prevalence of high blood pressure, heart disease/condition or diabetes was higher. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes.

Three percent of respondents reported always or nearly always feeling sad, blue or depressed. Twenty-eight percent felt they were excellent at managing stress. Five percent reported they never or seldom find meaning and purpose in their daily life. Two percent of respondents felt so overwhelmed they considered suicide.

## **Behavioral Risk Factors Key Findings**

Out of six alternative treatments listed, massage therapy or chiropractic care were mentioned most often in the past three years (19% and 18%, respectively). Massage therapy was more likely for female respondents or those 18 to 24 years old. Respondents 45 to 54 years old or those with a household income of at least \$30,001 were more likely to use a chiropractor. Respondents who were female, 25 to 34 years old, with a college degree or unmarried respondents were more likely to report movement therapy in the past three years. Aroma therapy was more likely for respondents 18 to 24 years old.

Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 20% were classified as inactive. Respondents 55 to 64 years old, with higher education level, with a household income of more than \$30,000 or not overweight respondents were more likely to meet the recommended activity level. Fifty-three percent of respondents were classified as overweight (38% overweight and 15% obese). Respondents who were male, 55 to 64 years old, married, or those who were physically inactive were more likely to be classified as overweight.

Sixty-nine percent of respondents eat two or more servings of fruit while 28% eat three or more servings of vegetables on an average day. Respondents who were female, with higher education, not overweight or those who were physically active were more likely to eat at least two servings of fruit. Female respondents or those 65 and older were more likely to eat at least three servings of vegetables. Forty-eight percent of respondents eat fried/fast food at least a few times a week. Respondents who were male, 18 to 24 years old, or those with higher household income were more likely to report this.

Eighty-six percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-nine percent of all female respondents reported a pap smear within the past three years. Respondent who were 18 to 54 years old, with college education, higher household income or married were more likely to have had a pap smear within the past three years.

Twenty-six percent of males 40 to 49 years old and 43% of males 50 and older had a digital rectal exam in the past year.

Fifty percent of respondents 50 years of age and older had their blood stool tested within the past two years while 39% reported a sigmoidoscopy or colonoscopy within the past two years.

To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Respondents with a college education were more likely to report avoiding artificial sources of UV light. Female respondents, those 35 to 44 years old, with a college education, a household income of at least \$30,001 or married respondents were more likely to report using sunscreen. Older respondents, those with a college degree or married respondents were more likely to report wearing sun protective clothing. Female respondents, those 55 to 64 years old or married respondents were more likely to report avoiding the sun.

Eighty-eight percent of respondents wore seat belts always or nearly always. Female respondents, those 65 and older, with a college education, with a household income of less than \$30,001 or married respondents were more likely to report they always wore seat belts. Eighty-eight percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 31% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 56% reported their child always wore a helmet.

Twenty-one percent of respondents were current smokers. Younger respondents, those with lower education, with a household income of less than \$30,001 or unmarried respondents were more likely to be smokers. Thirty-eight percent of current smokers quit smoking for one day or longer in the past 12 months; 51% reported a health professional advised them to quit smoking. Twelve percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty-seven percent of all respondents preferred a smoke-free restaurant. Sixty-four percent favored a community ordinance prohibiting smoking in eating establishments. Female respondents, those with higher education, higher household income, those who were married or nonsmokers were more likely to prefer a smoke-free restaurant or favor a community ordinance to prohibit smoking in eating establishments.

Seventy percent of respondents had an alcoholic drink in the past 30 days. In the past month, 28% had three or more drinks at least on one occasion while 16% binged. Males or younger respondents were more likely to have three or more drinks on more occasions or binged at least once in the past month. Unmarried respondents were also more likely to have binged. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

Ninety-eight percent of households had a working smoke alarm while 45% had a working carbon monoxide detector. Married households or those with a household income of at least \$30,001 were more likely to have both a smoke alarm and a carbon monoxide detector.

Thirty-two percent of households had a firearm in their household. Married households or households with higher income were more likely to have a firearm. Of all households, 2% had a loaded firearm. One percent of all households had a firearm loaded and unlocked.

Six percent of respondents reported someone had made them afraid for their personal safety while 2% reported they had been pushed, kicked, hit or slapped in the past year.

### **Additional Questions Key Findings**

Out of four community environmental problems, the most often cited major or moderate problem was pollution in lakes, rivers and streams (35%). Respondents with some post high school education were more likely to report water pollution while respondents 45 to 54 years old were more likely to report pesticides.

Nine percent of respondents were not aware of the public health department prior to the interview; 28% received services from the health department. Respondents who were female or 65 and older, were more likely to report receiving some services.

Twenty-four percent of respondents reported they do not exercise for at least 20 minutes in which the heart beats faster at all in a typical week. Respondents 65 and older, with lower education or lower household income were more likely to report not exercising for at least 20 minutes.

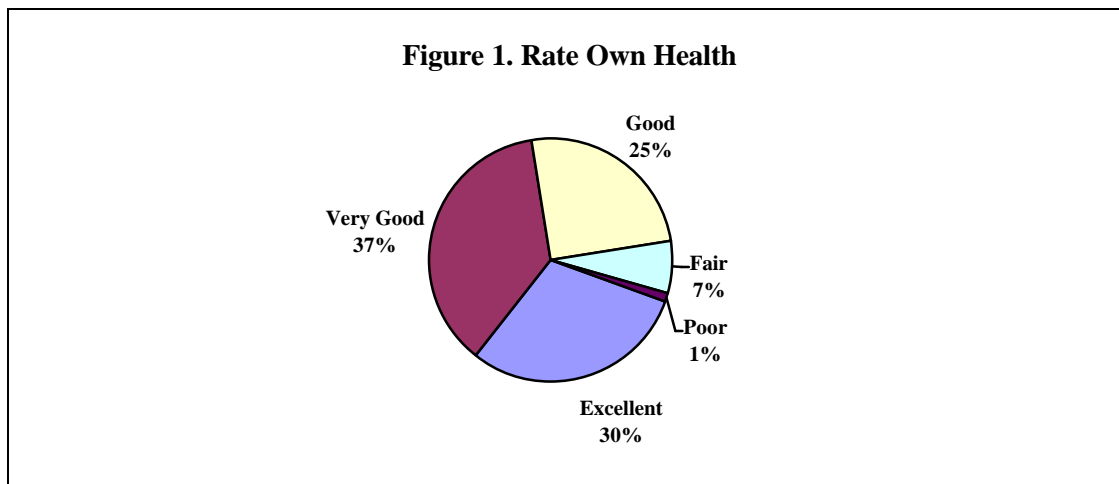
## Key Findings

### Rating Their Own Health (Figure 1; Table 2)

**KEY FINDING:** Sixty-seven percent of respondents reported their health as excellent or very good. Respondents who were 65 and older, with a high school education or less, with \$30,000 or less in household income or physically inactive respondents were more likely to report fair or poor conditions.

*Fifty-seven percent of Wisconsin residents reported their health as excellent or very good while 11% reported fair or poor. Fifty-six percent of respondents nationwide reported their health as excellent or very good while 14% reported fair or poor (2001 Behavioral Risk Factor Surveillance).*

- Sixty-seven percent of respondents said their own health, generally speaking, was either excellent (30%) or very good (37%). A total of 8% reported their health was fair (7%) or poor (1%).



- Male respondents were more likely to report their health was excellent (35%) compared to female respondents (25%).
- Twenty-two percent of respondents 65 and older reported fair or poor compared to 0% of respondents 18 to 24 years old and less than one percent of those 25 to 34 years old.
- Twelve percent of respondents with a high school degree or less reported fair or poor compared to 7% of respondents with some post high school education or 6% of those with a college degree.
- Sixteen percent of respondents with a household income of \$30,000 or less reported fair/poor health compared to 7% of those with an income of \$30,001 to \$60,000 and 6% of those with a household income of more than \$60,000.
- Respondents classified as not overweight were more likely to report excellent/very good (72%) than those who were overweight (62%).

- Eighteen percent of inactive respondents reported their health as fair or poor compared to 6% of all others.
- Thirty-three percent of respondents who were nonsmokers reported their health as excellent compared to 16% of those who were smokers.

Table 2. Rate Own Health by Demographic Variables

	Fair or Poor	Good	Very Good	Excellent
TOTAL	8%	25%	37%	30%
Gender**				
Male	8	27	30	35
Female	8	24	44	25
Age**				
18 to 24	0	22	56	22
25 to 34	<1	27	41	31
35 to 44	3	24	35	38
45 to 54	9	17	40	34
55 to 64	15	34	28	23
65 and Older	22	31	33	15
Education*				
High School or Less	12	29	37	22
Some Post High School	7	26	36	30
College Graduate	6	22	38	34
Household Income**				
\$30,000 or Less	16	29	36	19
\$30,001 to \$60,000	7	27	39	27
\$60,001 or More	6	21	38	35
Marital Status				
Married	7	26	37	30
Not Married	11	24	39	27
Overweight*				
Not Overweight	7	21	40	32
Overweight	9	29	35	27
Physical Activity**				
Inactive	18	27	30	25
Insufficient	6	26	38	30
Recommended	6	21	41	32
Smoker**				
Nonsmoker	8	23	37	33
Smoker	10	35	39	16

\*= p≤0.05; \*\*= p≤0.01

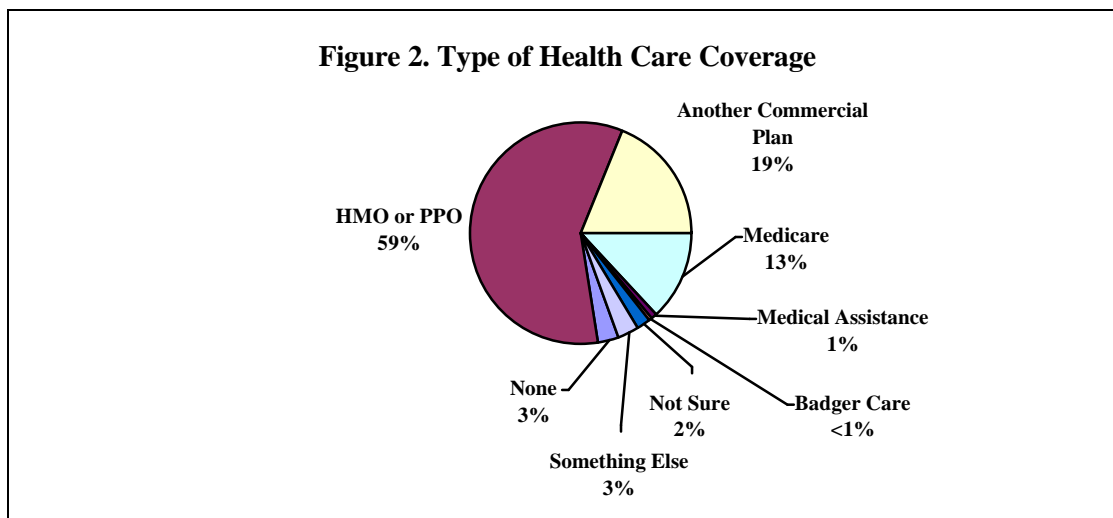
## Health Care Coverage (Figure 2)

**KEY FINDING:** Three percent of respondents reported they personally did not have health care coverage. Seven percent reported someone in their household currently was not covered while 12% reported in the past 12 months someone was not covered. Unmarried respondents were more likely to have someone currently not covered or in the past twelve months. Eighty percent of respondents reported their primary place for health services was from a medical doctor, internist, OBGYN or family practice; college graduates were more likely to report this. Thirty-six percent of respondents had an advance care plan; older respondents were more likely to report this.

### *Personally Not Covered*

*In 2001, 10% of respondents in Wisconsin reported they personally did not have health insurance. Thirteen percent of the nation reported so (2001 Behavioral Risk Factor Surveillance).*

- Three percent of respondents reported they were not currently covered by any health insurance. Fifty-nine percent of respondents indicated they were personally covered by a prepaid plan such as a health maintenance organization (HMO) or preferred provider organization (PPO). Nineteen percent reported another commercial plan, 13% reported Medicare and 1% reported medical assistance.



### *Someone in Household Currently Not Covered*

- Seven percent of all respondents indicated someone in their household was not covered by insurance. This equates to approximately 9,450 households.
- Unmarried respondents were more likely to have someone not covered (11%) compared to married respondents (5%).

### *Someone in Household Not Covered in the Past 12 Months*

- Twelve percent of all respondents indicated someone in their household was not covered by insurance in the past 12 months.
- Unmarried respondents were more likely to report someone not covered in the past 12 months (17%) compared to married respondents (9%).

### *Primary Health Care Services*

- Eighty percent of respondents reported they get most of their health care services from a medical doctor, internist, OBGYN, or family practice. Twelve percent reported walk-in or urgent care while 3% reported hospital emergency room and 2% reported community health center.
- Eighty-four percent of respondents with a college degree reported a medical doctor etc., compared to 78% of those with some post high school education and 77% of those with a high school degree or less.

### *Advance Care Plan*

- Thirty-six percent of respondents reported they had an advance care plan stating their end of life health care wishes.
- Generally, older respondents were more likely to report having an advance care plan. Twenty-two percent of respondents 18 to 24 years old and 21% of those 25 to 34 years old reported this compared to 33% of respondents 45 to 54 years old, 42% of those 55 to 64 years old and 57% of those 65 and older.

## **Routine Checkups (Tables 3 - 6)**

**KEY FINDING:** Eighty percent of all respondents reported a visit to the dentist in the past year while 61% reported having a routine medical checkup, 55% an eye exam and 53% reported a cholesterol test. Female respondents were more likely to report a routine checkup or eye exam in the past year. Older respondents were more likely to report a routine checkup or cholesterol test in the past years while age varied when looking at dental or eye exam. Respondents with higher education or higher household income were more likely to report a dental exam in the past year. Married respondents were more likely to report a routine checkup, cholesterol test or dental visit in the past year or eye exam in the past two years.

### *Routine Checkup*

*Sixty-five percent of Wisconsin respondents reported in the past year they had a routine checkup, 14% past two years, 9% past five years and 11% five or more years ago. Nationally, 72% reported past year, 12% past two years, 7% past five years and 8% five or more years ago (2000 Behavioral Risk Factor Surveillance).*

- Sixty-one percent of residents reported they had a routine checkup in the past year. An additional 23% had a checkup in the past one to two years.

- Female respondents were more likely to report they had a routine checkup in the past year (68%) than male respondents (52%).
- As age increased, so did the likelihood of having a routine checkup in the past year. Thirty-three percent of respondents 18 to 24 years old reported this compared to 82% of those 65 and older.
- Married respondents were more likely to report a routine checkup in the past year (65%) compared to unmarried respondents (52%).

Table 3. Routine Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	61%	23%	5%	10%	<1%
Gender**					
Male	52	24	7	15	1
Female	68	23	3	4	<1
Age**					
18 to 24	33	55	0	13	0
25 to 34	57	20	10	11	2
35 to 44	56	25	6	12	1
45 to 54	61	21	7	10	<1
55 to 64	65	18	6	9	2
65 and Older	82	13	0	3	<1
Education					
High School or Less	60	26	5	9	0
Some Post High School	63	20	5	10	2
College Graduate	60	24	6	10	<1
Household Income					
\$30,000 or Less	67	21	4	7	0
\$30,001 to \$60,000	62	20	6	11	<1
\$60,001 or More	58	26	5	9	2
Marital Status**					
Married	65	22	5	7	1
Not Married	52	26	6	15	<1

\*= p≤0.05; \*\*= p≤0.01

### *Cholesterol Test*

*Forty-eight percent of Wisconsin respondents reported in the past year they had their cholesterol checked (2001 Behavioral Risk Factor Surveillance).*

- Fifty-three percent of respondents reported having their cholesterol tested within the past year. Nineteen percent reported one to two years ago. Fifteen percent reported never having their cholesterol tested.



- Older respondents were more likely to report a cholesterol test in the past year. Fourteen percent of respondents 18 to 24 years old reported this compared to 81% of those 65 and older.
- Married respondents were more likely to report a cholesterol test in the past year (56%) compared to unmarried respondents (46%).

Table 4. Cholesterol Test by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	53%	19%	6%	6%	15%
Gender					
Male	55	18	6	6	13
Female	52	19	5	6	17
Age**					
18 to 24	14	31	0	3	52
25 to 34	42	10	8	3	36
35 to 44	47	20	9	11	12
45 to 54	55	25	5	8	7
55 to 64	63	18	7	6	7
65 and Older	81	11	2	2	3
Education					
High School or Less	54	17	4	5	20
Some Post High School	49	19	7	7	17
College Graduate	56	20	7	5	12
Household Income					
\$30,000 or Less	56	14	7	4	17
\$30,001 to \$60,000	54	18	6	5	17
\$60,001 or More	51	22	5	8	14
Marital Status**					
Married	56	20	5	6	12
Not Married	46	16	7	6	22

\*= p≤0.05; \*\*= p≤0.01

### *Dental Checkup*

*Counseling patients to visit a dental care provider on a regular basis as well as floss, use fluoride properly, et cetera is recommended.<sup>1</sup>*

*In 1999, 75% of Wisconsin residents reported they visited the dentist or dental clinic within the past year for any reason. Sixty-eight percent of nation reported this (1999 Behavioral Risk Factor Surveillance).*

<sup>1</sup> "Chapter 61: Counseling to Prevent Dental and Periodontal Diseases." U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. page 711.

- Eighty percent of residents reported a dental visit in the past year. An additional 12% had a visit in the past one to two years.
- Respondents 35 to 44 years old and 55 to 64 years old were more likely to have had a dental checkup in the past year (88% each) compared to respondents 18 to 24 years old (55%).
- Sixty-eight percent of respondents with a high school degree or less reported a dental checkup in the past year compared to 78% of respondents with some post high school and 89% of those with a college degree.
- Respondents with a household income of at least \$60,001 were more likely to report a dental checkup in the past year (87%) than those with an income of \$30,001 to \$60,000 (79%) or those with \$30,000 or less (64%).
- Married respondents were more likely to report a dental checkup in the past year than unmarried respondents (82% and 76%, respectively).

Table 5. Dental Checkup by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	80%	12%	4%	5%	<1%
Gender					
Male	79	10	5	6	<1
Female	81	13	2	3	<1
Age**					
18 to 24	55	31	14	0	0
25 to 34	79	14	<1	6	0
35 to 44	88	5	5	1	<1
45 to 54	83	13	2	1	<1
55 to 64	88	6	1	5	0
65 and Older	71	9	3	16	2
Education**					
High School or Less	68	17	5	10	<1
Some Post High School	78	14	6	3	<1
College Graduate	89	7	1	2	0
Household Income**					
\$30,000 or Less	64	16	5	14	1
\$30,001 to \$60,000	79	12	5	3	<1
\$60,001 or More	87	11	2	1	0
Marital Status*					
Married	82	11	4	4	0
Not Married	76	14	2	6	1

\*= p≤0.05; \*\*= p≤0.01

## Eye Exam

- Fifty-five percent of respondents had an eye exam in the past year, while 29% reported one to two years ago. Two percent reported never.
- Female respondents were more likely to have had an eye exam in the past year (58%) compared to male respondents (52%) and in the past two years (88% and 79%, respectively).
- Respondents 18 to 24 years old and those 65 and older were more likely to have had an eye exam in the past year (69% and 66%, respectively) compared to respondents 25 to 34 years old and 35 to 44 years old (46% and 47%, respectively).
- Married and unmarried respondents were somewhat similar when looking at an eye exam in the past year (56% and 53%, respectively). However, 86% of married respondents reported they had an eye exam in the past two years compared to 79% of unmarried respondents.

Table 6. Eye Exam by Demographic Variables

	<1 Yr Ago	1 to 2 Years Ago	3 to 4 Years Ago	5 or More Years Ago	Never
TOTAL	55%	29%	6%	8%	2%
Gender**					
Male	52	27	6	11	4
Female	58	30	6	5	<1
Age**					
18 to 24	69	19	3	0	9
25 to 34	46	26	6	16	6
35 to 44	47	33	8	11	<1
45 to 54	55	29	8	7	1
55 to 64	52	31	8	9	0
65 and Older	66	28	3	3	<1
Education					
High School or Less	56	29	6	8	<1
Some Post High School	50	31	7	7	4
College Graduate	57	27	6	8	2
Household Income					
\$30,000 or Less	56	30	4	9	0
\$30,001 to \$60,000	52	29	6	9	4
\$60,001 or More	57	27	7	7	1
Marital Status*					
Married	56	30	6	7	<1
Not Married	53	26	6	10	5

\*= p≤0.05; \*\*= p≤0.01

## Vaccinations (Figure 3; Table 7)

**KEY FINDING:** Thirty-four percent of respondents had an influenza vaccination in the past year. The flu vaccination was more likely for females or older respondents. Sixty-five percent of respondents 65 and older had a pneumonia vaccination.

### *Influenza Vaccination*

*Thirty-three percent of Wisconsin respondents reported in the past 12 months they had a flu shot. Nationally, 32% reported this (2001 Behavioral Risk Factor Surveillance).*

- Thirty-four percent of respondents had a flu vaccination in the past year.
- Female respondents were more likely to report receiving a flu vaccination than male respondents (38% and 30%, respectively).
- Older respondents were more likely to report receiving a flu vaccination; especially those 65 and older (82%) compared to respondents 18 to 24 years old (14%) or those 25 to 34 years old (18%).

Table 7. Flu Vaccination by Demographic Variables

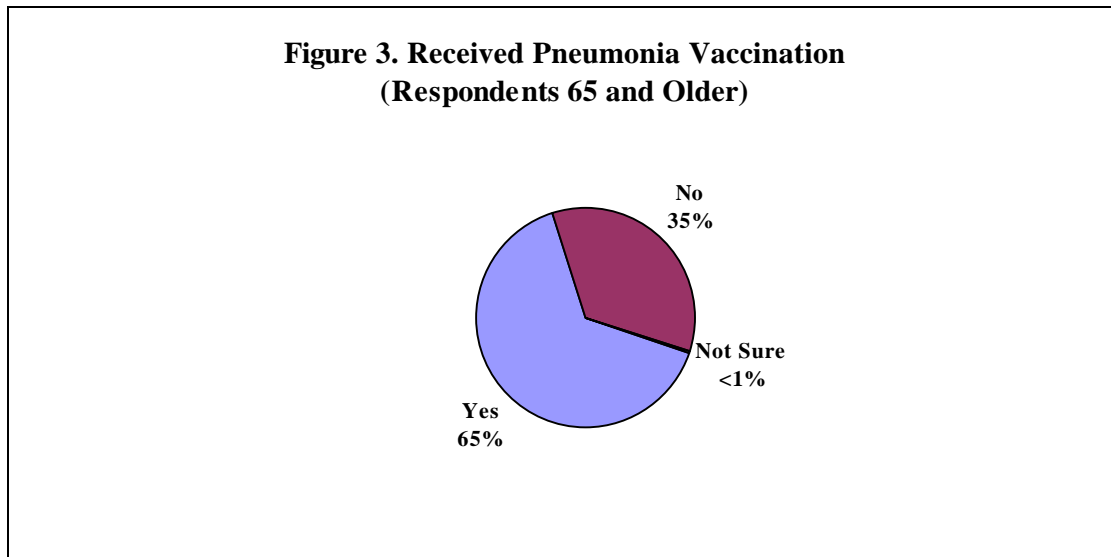
	Percent
TOTAL	34%
Gender*	
Male	30
Female	38
Age**	
18 to 24	14
25 to 34	18
35 to 44	20
45 to 54	29
55 to 64	48
65 and Older	82
Education	
High School or Less	38
Some Post High School	32
College Graduate	34
Household Income	
\$30,000 or Less	36
\$30,001 to \$60,000	34
\$60,001 or More	32
Marital Status	
Married	36
Not Married	31

\*= p≤0.05; \*\*= p≤0.01

## Pneumonia Vaccination

*Sixty-six percent of Wisconsin respondents 65 and older and 61% of respondents nationwide reported they have received a pneumonia shot (2001 Behavioral Risk Factor Surveillance).*

- Seventeen percent of all respondents had a pneumonia vaccination.
- Sixty-five percent of respondents who were 65 and older reported they received a pneumonia vaccination.



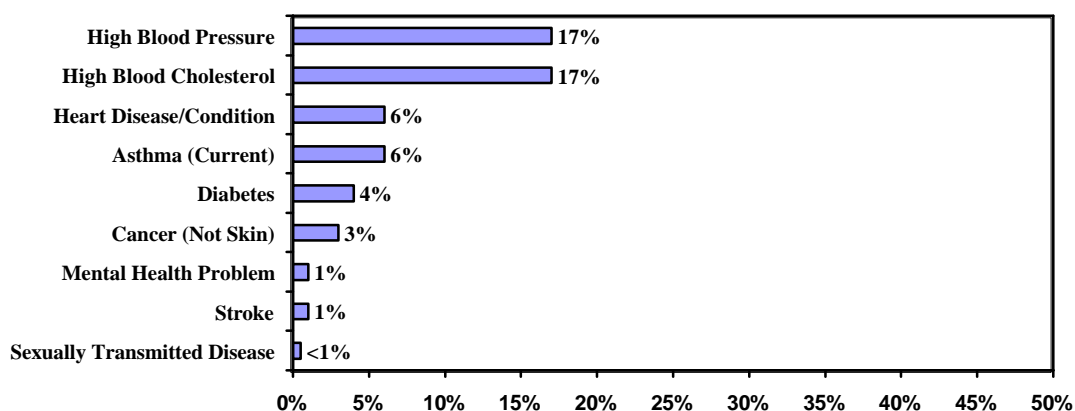
## Prevalence of Select Health Conditions (Figure 4; Table 8)

*Respondents were asked a series of questions regarding if they had been told or been treated for several different health conditions in the past three years. Current diagnosis of asthma was asked.*

**KEY FINDING:** Out of nine health conditions listed, high blood pressure, high blood cholesterol or heart disease/heart condition were the most often treated conditions in the past three years. Current asthma was at the same percent as heart disease/condition. Older respondents were more likely to report several of the health conditions including high blood pressure, high blood cholesterol, heart disease/condition or diabetes. Respondents with a high school education or less were more likely to report high blood pressure while respondents with some post high school education or less were more likely to report high blood cholesterol. When household income was lower, the prevalence of high blood pressure, heart disease/condition or diabetes was higher. Overweight respondents were more likely to report high blood pressure, high blood cholesterol or diabetes.

- Respondents were more likely to report they have been told or been treated for high blood pressure (17%), high blood cholesterol (17%), heart disease/heart condition (6%) or asthma (current, 6%) in the past three years.

**Figure 4. Told or Received Treatment in the Past 3 Years**



- Generally, the likelihood of being told or treated for high blood pressure, high blood cholesterol, heart disease/condition, or diabetes increased as age increased.
- Respondents with a high school degree or less were more likely to report high blood pressure. High blood cholesterol was reported more often by respondents with some post high school education or less.
- Respondents with lower household income reported high blood pressure, heart disease/condition or diabetes more often.
- Respondents who were considered overweight were more likely to report high blood pressure, high blood cholesterol, or diabetes.

Table 8. Told or Received Treatment in the Past Three Years by Demographic Variables

	High Blood Pressure	High Blood Cholesterol	Heart Disease/Condition	Asthma (Current)	Diabetes
TOTAL	17%	17%	6%	6%	4%
Gender					
Male	16	20	8	6	5
Female	19	15	5	6	4
Age					
18 to 24	3**	0**	0**	5	0**
25 to 34	8**	3**	3**	7	2**
35 to 44	6**	12**	1**	5	1**
45 to 54	12**	23**	5**	6	1**
55 to 64	28**	24**	8**	8	11**
65 and Older	52**	32**	22**	6	13**
Education					
High School or Less	25**	19*	10	6	6
Some Post High School	15**	19*	4	6	5
College Graduate	14**	15*	6	6	3
Household Income					
\$30,000 or Less	26**	20	12**	4	8**
\$30,001 to \$60,000	20**	19	7**	5	6**
\$60,001 or More	10**	13	3**	8	1**
Marital Status					
Married	17	19	5	6	5
Not Married	19	13	8	6	4
Overweight					
Not Overweight	12**	10**	4	4	<1**
Overweight	23**	23**	8	8	7**
Physical Activity					
Inactive	24	16	10	8	6
Insufficient	16	18	5	5	4
Recommended	16	16	6	7	4

\*= p≤0.05; \*\*= p≤0.01

### Diabetes

- All 36 respondents who reported being diagnosed with diabetes have had their blood sugar tested in the past year.

### Asthma

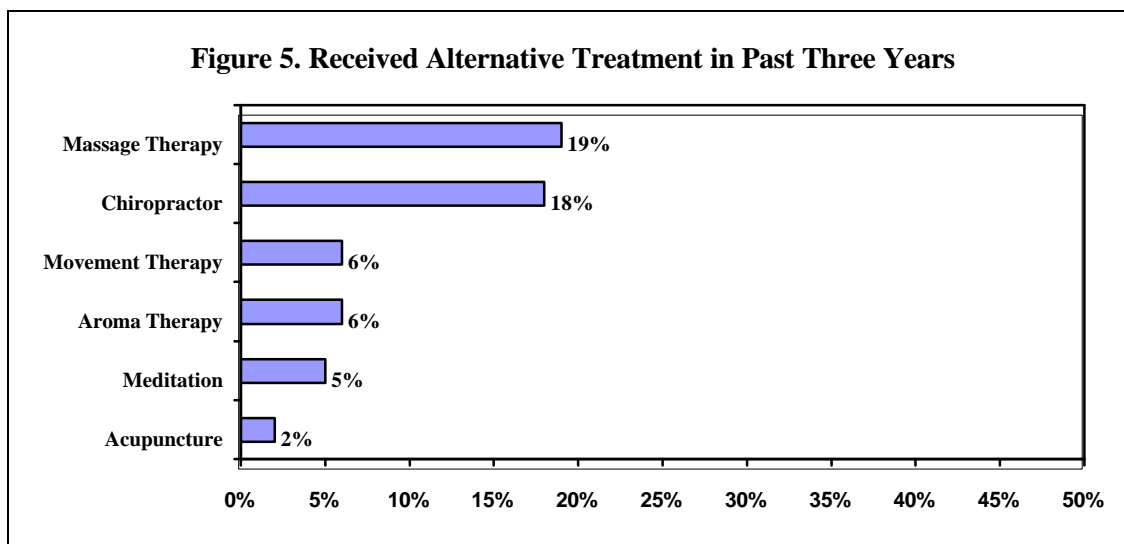
- Of the 47 respondents who currently have asthma, 60% had an asthma action plan.

## Prevalence of Select Alternative Treatments (Figure 5; Table 9)

*Respondents were asked a series of questions regarding if they received several different alternative treatments in the past three years.*

**KEY FINDING:** Out of six alternative treatments listed, massage therapy or chiropractic care were mentioned most often in the past three years (19% and 18%, respectively). Massage therapy was more likely for female respondents or those 18 to 24 years old. Respondents 45 to 54 years old or those with a household income of at least \$30,001 were more likely to use a chiropractor. Respondents who were female, 25 to 34 years old, with a college degree or unmarried respondents were more likely to report movement therapy in the past three years. Aroma therapy was more likely for respondents 18 to 24 years old.

- Respondents were more likely to have used massage therapy (19%) or gone to a chiropractor (18%) in the past three years.



- Female respondents were more likely to have used massage therapy or movement therapy in the past three years than male respondents.
- Respondents 18 to 24 years old were more likely to have used massage therapy or aroma therapy in the past three years. Chiropractic care was more likely to be reported by respondents 45 to 54 years old while movement therapy was more likely to be reported by those 25 to 34 years old.
- Eleven percent of respondents with a college degree reported using movement therapy compared to 5% of those with some post high school education or 2% of those with a high school degree or less.
- Twenty percent of respondents with a household income of \$30,001 to \$60,000 and 19% of those with an income of more than \$60,000 reported using a chiropractor compared to 11% of those with an income of \$30,000 or less.
- Unmarried respondents were more likely to have used movement therapy than married respondents (9% and 5%, respectively).



Table 9. Received Alternative Treatment in the Past Three Years by Demographic Variables

	Massage Therapy	Chiropractor	Movement Therapy	Aroma Therapy	Meditation
TOTAL	19%	18%	6%	6%	5%
Gender					
Male	14**	20	2**	6	4
Female	24**	17	10**	6	7
Age					
18 to 24	34**	15*	0*	16**	0
25 to 34	17**	14*	12*	3**	4
35 to 44	24**	22*	8*	7**	8
45 to 54	19**	25*	5*	6**	7
55 to 64	18**	19*	7*	5**	4
65 and Older	9**	10*	4*	3**	4
Education					
High School or Less	15	16	2**	5	4
Some Post High School	20	20	5**	5	4
College Graduate	22	19	11**	7	7
Household Income					
\$30,000 or Less	14	11*	3	5	3
\$30,001 to \$60,000	20	20*	7	7	6
\$60,001 or More	20	19*	8	4	5
Marital Status					
Married	18	20	5*	5	5
Not Married	22	14	9*	8	7

\*= p≤0.05; \*\*= p≤0.01

### Physical Well Being and Body Weight (Figure 6; Tables 10 & 11)

**KEY FINDING:** Twenty-eight percent of respondents met the recommended amount of moderate physical activity on a weekly basis; 20% were classified as inactive. Respondents 55 to 64 years old, with higher education level, with a household income of more than \$30,000 or not overweight respondents were more likely to meet the recommended activity level. Fifty-three percent of respondents were classified as overweight (38% overweight and 15% obese). Respondents who were male, 55 to 64 years old, married, or those who were physically inactive were more likely to be classified as overweight.

#### *Physical Activities in Past Month*

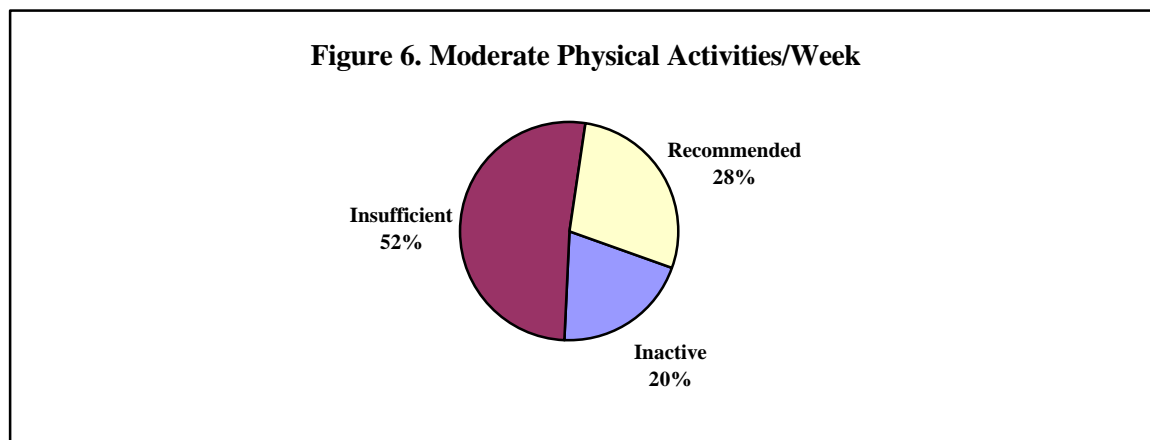
- Seventy-seven percent reported they participated in any physical activity or exercise such as running, calisthenics, golfing, gardening or walking in the past month.

### *Moderate Physical Activities in Usual Week*

*Moderate physical activity is recommended by the Centers for Disease Control and Prevention/American College of Sports Medicine for at least 30 minutes on five or more days of the week. Moderate physical activity includes walking briskly, mowing the lawn, vacuuming, gardening, dancing, swimming or bicycling on level terrain. A person should feel some exertion but should be able to carry on a conversation comfortably during the activity.*

*In 2000, 22% of Wisconsin residents were classified as inactive. Fifty-one percent had insufficient physical activity while 27% met the recommended amount of physical activity. In the nation, 28% were classified as inactive, 46% insufficient and 26% recommended (2000 Behavioral Risk Factor Surveillance).*

- Twenty-eight percent of all respondents were classified as doing the recommended amount of physical activity in a typical week. Fifty-two percent do some activity, but not to the extent of the recommendation while 20% were classified as inactive.



- Respondents 55 to 64 years old were more likely to meet the recommendation (34%) than those 25 to 34 years old (22%).
- Thirty-two percent of respondents with a college degree met the recommendation compared to 29% of those with some post high school education or 21% of those with a high school degree or less. Thirty-six percent of those with a high school degree or less were classified as inactive.
- Thirty-one percent of respondents with a household income of \$30,001 to \$60,000 and 29% of respondents with an income of \$60,001 or more met the recommendation compared to 20% of those with \$30,000 or less. Twenty-nine percent of those with a household income of \$30,000 or less were classified as inactive.
- Married and unmarried respondents were similar in regards to meeting the recommended amount of physical activity (28% each). However, unmarried respondents were more likely to be inactive than married respondents (27% and 17%, respectively).
- Respondents who were not overweight were more likely to meet the recommendation (33%) than overweight respondents (25%).

Table 10. Moderate Physical Activities in a Typical Week by Demographic Variables

	Inactive	Insufficient	Recommended
TOTAL	20%	52%	28%
Gender			
Male	20	54	27
Female	21	50	28
Age**			
18 to 24	23	45	31
25 to 34	13	65	22
35 to 44	15	54	31
45 to 54	19	56	25
55 to 64	22	44	34
65 and Older	32	41	28
Education**			
High School or Less	36	44	21
Some Post High School	18	53	29
College Graduate	12	56	32
Household Income**			
\$30,000 or Less	29	51	20
\$30,001 to \$60,000	23	46	31
\$60,001 or More	12	59	29
Marital Status**			
Married	17	55	28
Not Married	27	45	28
Overweight*			
Not Overweight	18	50	33
Overweight	21	54	25

\*= p≤0.05; \*\*= p≤0.01

### Body Weight

*Being overweight contributes to many health problems. One nationally used definition of overweight is when a person's body mass index (BMI) is greater or equal to 25.0. A BMI of 30.0 or more is considered obese.<sup>2</sup> Body Mass Index is calculated by using kilograms/meter<sup>2</sup>. Throughout the report, the category "overweight" includes both overweight and obese respondents.*

*Fifty-nine percent of Wisconsinites were classified as at least overweight in 2001 (37% overweight, 22% obese). Sixty-six percent of males in Wisconsin were classified as at least overweight while 52% of females were. In the nation, 58% were classified as at least overweight (37% overweight and 21% obese) (2001 Behavioral Risk Factor Survey).*

<sup>2</sup> Body Mass Index = (kg/m<sup>2</sup>). Developed by the Centers for Disease Control (CDC).

- According to the definition, 53% of Waukesha County residents were considered overweight (38% overweight and 15% obese).
- Male respondents were more likely to be classified as overweight (64%) compared to female respondents (43%).
- Respondents 55 to 64 years old were more likely to be classified as overweight (69%) compared to respondents 18 to 24 years old (26%).
- Married respondents were more likely to be classified as overweight (58%) than unmarried respondents (41%).
- Forty-five percent of respondents who met the recommended amount of physical activity were classified as overweight compared to 58% of those who were inactive in a typical week.

Table 11. Overweight by Demographic Variables

	Percent
TOTAL	53%
Gender**	
Male	64
Female	43
Age**	
18 to 24	26
25 to 34	43
35 to 44	47
45 to 54	62
55 to 64	69
65 and Older	59
Education	
High School or Less	56
Some Post High School	52
College Graduate	52
Household Income	
\$30,000 or Less	57
\$30,001 to \$60,000	55
\$60,001 or More	48
Marital Status**	
Married	58
Not Married	41
Moderate Physical Activities*	
Inactive	58
Insufficient	55
Recommended	45

\*= p≤0.05; \*\*= p≤0.01

## Nutrition and Diet (Tables 12 & 13)

**KEY FINDING:** Sixty-nine percent of respondents eat two or more servings of fruit while 28% eat three or more servings of vegetables on an average day. Respondents who were female, with higher education, not overweight or those who were physically active were more likely to eat at least two servings of fruit. Female respondents or those 65 and older were more likely to eat at least three servings of vegetables. Forty-eight percent of respondents eat fried/fast food at least a few times a week. Respondents who were male, 18 to 24 years old, or those with higher household income were more likely to report this.

### *Fruit Intake*

*Based on the USDA dietary guidelines, at a minimum, adults should have two servings of fruit each day. Age, gender and activity level may increase the recommended number of servings.*

- Sixty-nine percent of respondents eat two or more servings of fruit per day. Thirty-one percent reported one serving or less.
- Female respondents were more likely to eat two or more servings of fruit per day than male respondents (81% and 56%, respectively).
- Respondents with higher education were more likely to eat two or more servings of fruit. Sixty-four percent of respondents with a high school degree or less reported this compared to 67% for those with some post high school education or 75% of respondents with a college degree.
- Seventy-seven percent of respondents classified as not being overweight reported eating two or more servings of fruit per day compared to 63% of those who were overweight.
- Respondents who met the recommended amount of physical activity were more likely to eat fruits at least twice a day (76%) compared to inactive respondents (61%).

### *Vegetable Intake*

*Based on the USDA dietary guidelines, at a minimum, adults should have three servings of vegetables each day. Age, gender and activity level may increase the recommended number of servings.*

- Twenty-eight percent of respondents eat three or more servings of vegetables per day. Seventy-one percent reported two servings or less.
- Female respondents were more likely to eat three or more servings of vegetables per day compared to male respondents (37% and 17%, respectively).
- Respondents 65 and older were more likely to eat vegetables at least three times a day (35%) compared to those 18 to 24 years old (16%) or respondents 25 to 34 years old (17%).

Table 12. Fruit and Vegetable Servings on Average Day by Demographic Variables

	Fruit Servings		Vegetable Servings	
	1 or Less	2 or More	2 or Less	3 or More
TOTAL	31%	69%	71%	28%
Gender				
Male	44**	56**	82**	17**
Female	18**	81**	62**	37**
Age				
18 to 24	20	80	84**	16**
25 to 34	38	62	83**	17**
35 to 44	35	66	68**	33**
45 to 54	35	65	73**	27**
55 to 64	23	77	72**	28**
65 and Older	24	75	66**	35**
Education				
High School or Less	35*	64*	75	25
Some Post High School	33*	67*	76	23
College Graduate	25*	75*	67	33
Household Income				
\$30,000 or Less	36	64	74	25
\$30,001 to \$60,000	27	72	69	31
\$60,001 or More	30	70	75	25
Marital Status				
Married	31	69	71	29
Not Married	29	71	74	26
Overweight				
Not Overweight	23**	77**	71	29
Overweight	37**	63**	75	25
Moderate Physical Activities				
Inactive	38**	61**	70	29
Insufficient	30**	70**	75	25
Recommended	24**	76**	67	33

\*= p≤0.05; \*\*= p≤0.01

### *Fried Food/Fast Food Intake*

- Eight percent of respondents eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken daily or nearly so. Forty percent reported a few times per week. Thirty-eight percent reported a few times per month while 14% reported hardly ever or never.
- Male respondents were more likely to report eating fried/fast foods at least a few times per week (56%) compared to female respondents (41%).

- Seventy-seven percent of respondents 18 to 24 years old reported eating fried/fast food at least a few times per week compared to 37% of those 55 to 64 years old and 26% of those 65 and older.
- Respondents with a household income of at least \$60,001 were more likely to report eating fried/fast food at least a few times per week (54%) than respondents with an income of \$30,001 to \$60,000 (49%) or those with \$30,000 or less (44%).
- Married and unmarried respondents were similar when looking at eating fried/fast food a few times per week (49% and 47%, respectively). However, 18% of unmarried respondents reported never compared to 11% of married respondents.

Table 13. Frequency of Eating Fried/Fast Food by Demographic Variables

	Few Times Per Month	At Least A Few Times Per Week
TOTAL	38%	48%
Gender**		
Male	37	56
Female	40	41
Age**		
18 to 24	16	77
25 to 34	37	57
35 to 44	35	58
45 to 54	43	44
55 to 64	43	37
65 and Older	43	26
Education		
High School or Less	35	50
Some Post High School	38	50
College Graduate	40	46
Household Income*		
\$30,000 or Less	35	44
\$30,001 to \$60,000	39	49
\$60,001 or More	36	54
Marital Status*		
Married	40	49
Not Married	35	47
Overweight		
Not Overweight	36	49
Overweight	39	50
Moderate Physical Activities		
Inactive	32	54
Insufficient	39	49
Recommended	38	44

\*= p≤0.05; \*\*= p≤0.01

## Women's Health (Tables 14 & 15)

**KEY FINDING:** Eighty-six percent of female respondents 50 years old or older had a mammogram within the past two years. Eighty-nine percent of all female respondents reported a pap smear within the past three years. Respondent who were 18 to 54 years old, with college education, higher household income or married were more likely to have had a pap smear within the past three years.

### *Mammogram*

*Routine screening for breast cancer every one to two years with mammography is recommended for women aged 50 to 69. There is insufficient evidence to recommend for or against routine mammography for women aged 40 to 49 or aged 70 and older.<sup>3</sup>*

*Sixty-nine percent of Wisconsin women 50 years of age or older reported they had a mammogram in the past year (2001 Behavioral Risk Factor Surveillance).*

- Twenty-eight percent of all female respondents never had a mammogram while 63% had a mammogram within the past two years (46% within past year and 17% more than one year but less than two years).
- More specifically, respondents aged 40 and older were very likely to have received a mammogram in the past two years (86% of those 50 and older; 78% of those 40 to 49 years of age).
  - Of the respondents who were 40 and older, the most common cited reason they did not get a mammogram within the past three years included: no time (eight responses), don't like (five responses), too young or don't need (four responses each).

Table 14. Time Since Last Mammogram by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
<b>TOTAL</b>	46%	17%	9%	28%
<b>Age**</b>				
18 to 39	18	9	4	69
40 to 49	57	21	14	8
50 and Older	65	21	10	4

\*= p≤0.05; \*\*= p≤0.01

<sup>3</sup>“Chapter 7: Screening for Breast Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. page 73.



## *Pap Smear*

*Routine screening for cervical cancer with Papanicolaou (Pap) testing is recommended for all women who are or have been sexually active and who have a cervix. Pap smears should begin with the onset of sexual activity and should be repeated at least every three years. There is insufficient evidence to recommend for or against an upper age limit for Pap testing, but recommendations can be made on other grounds to discontinue regular testing after age 65 in women who have had regular previous screenings in which the smears have been consistently normal.*<sup>4</sup>

*In Wisconsin, 66% of women reported they had a pap smear in the past year (2001 Wisconsin Behavioral Risk Factor Surveillance).*

- Sixty-four percent of respondents in Waukesha County reported they had a pap smear within the past year. An additional 25% reported between one year and less than three years.
- Respondents 65 and older were less likely to have had a pap smear within the past three years (71%) compared to respondents 18 to 34 years old (95%), those 35 to 44 years old (96%) or 45 to 54 years old (94%).
- Ninety-six percent of respondents with a college degree have had a pap smear within the past three years compared to 86% with some post high school education or 85% of those with a high school degree or less.
- Seventy-seven percent of respondents with a household income of \$30,000 or less reported having a pap smear within the past three years compared to 87% of those with an income of \$30,001 to \$60,000 or 98% of respondents with a household income of \$60,001 or more.
- Married respondents were more likely to have had a pap smear within the past three years (92%) compared to unmarried respondents (84%).

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<sup>4</sup>“Chapter 9: Screening for Cervical Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. page 105.

Table 15. Time Since Last Pap Smear by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 3 Yrs (2 Years; Less than 3)	3 or More Years Ago	Never
TOTAL	64%	21%	4%	8%	3%
Age**					
18 to 24	69	26	0	0	6
25 to 34	78	17	0	5	0
35 to 44	61	30	5	3	1
45 to 54	73	17	4	5	2
55 to 64	61	20	6	10	4
65 and Older	47	16	8	23	6
Education**					
High School or Less	54	28	3	10	5
Some Post High School	61	20	5	14	0
College Graduate	75	16	5	2	3
Household Income**					
\$30,000 or Less	57	14	6	17	5
\$30,001 to \$60,000	61	23	3	9	4
\$60,001 or More	71	24	3	1	1
Marital Status**					
Married	63	25	4	6	2
Not Married	66	12	6	13	5

\*= p≤0.05; \*\*= p≤0.01

### Men's Health (Table 16)

**KEY FINDING:** Twenty-six percent of males 40 to 49 years old and 43% of males 50 and older had a digital rectal exam in the past year.

*Routine screening for prostate cancer with digital rectal examinations, serum tumor markers (e.g., prostate-specific antigen), or transrectal ultrasound is not recommended by the U.S. Preventive Services Task Force. However, the American Cancer Society recommends an annual digital rectal examination beginning at age 40 and a serum PSA examination should become annual at age 50.<sup>5</sup>*

#### Digital Rectal Exam

- Forty percent of all male respondents never had a digital rectal exam. Twenty-four percent had an exam in the past year while 18% reported within the past two years (one year but less than two years).
- Forty-three percent of men 50 years of age and older had an exam less than a year ago while 26% of men 40 to 49 years old reported this.

<sup>5</sup>“Chapter 10: Screening for Prostate Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. pages 119-134.

Table 16. Time Since Last Digital Rectal Exam by Age

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	24%	18%	18%	40%
Age**				
18 to 39	5	2	20	71
40 to 49	26	21	14	39
50 and Older	43	28	16	12

\*= p≤0.05; \*\*= p≤0.01

### Other Tests (Tables 17 & 18)

**KEY FINDING:** Fifty percent of respondents 50 years of age and older had their blood stool tested within the past two years while 39% reported a sigmoidoscopy or colonoscopy within the past two years.

*Screening for colorectal cancer is recommended for all persons aged 50 and older.<sup>6</sup>*

#### *Blood Stool Test*

- Fifty-two percent of all respondents never had a blood stool test. Thirty-four percent were tested within the past two years (20% less than a year ago and 14% more than one year ago, but less than two).
- Fifty percent of respondents 50 years old or older reported a blood stool test within the past two years compared to 28% of respondents 40 to 49 years of age and 18% of respondents 18 to 39 years old. Thirty percent of respondents 50 and older reported never compared to 75% of respondents 18 to 39 years old.
- Thirty-seven percent of married respondents reported a test in the past two years compared to 26% of unmarried respondents.

<sup>6</sup>“ Chapter 9: Screening for Colorectal Cancer.” U.S. Preventive Services Task Force: Guide to Clinical Preventive Services. 2<sup>nd</sup> ed. Baltimore: Williams & Wilkins, 1996. page 89.

Table 17. Time Since Last Blood Stool Test by Demographic Variables

	Within Past Year	Within Past 2 Years (1 Year; Less than 2)	2 or More Years Ago	Never
TOTAL	20%	14%	11%	52%
Gender				
Male	17	15	12	52
Female	22	12	10	52
Age**				
18 to 39	10	8	3	75
40 to 49	16	12	11	55
50 and Older	31	19	18	30
Education				
High School or Less	22	15	9	51
Some Post High School	18	15	12	52
College Graduate	20	12	12	53
Household Income				
\$30,000 or Less	19	14	11	53
\$30,001 to \$60,000	20	13	10	52
\$60,001 or More	20	15	9	51
Marital Status**				
Married	22	15	12	46
Not Married	16	10	8	64

\*= p≤0.05; \*\*= p≤0.01

### *Sigmoidoscopy or Colonoscopy Exam*

- Sixty-five percent of all respondents never had a sigmoidoscopy or colonoscopy exam. Twenty-one percent were examined within the past two years (11% less than a year ago and 10% more than one year ago, but less than two).
- A total of 39% of respondents 50 years old or older reported a sigmoidoscopy or colonoscopy within the past two years compared to 12% of respondents 40 to 49 years of age and 7% of respondents 18 to 39 years old. Forty percent of respondents 50 and older reported never compared to 86% of respondents 18 to 39 years old.
- Thirty-two percent of respondents with a household income of less than \$30,001 reported an exam in the past two years compared to 23% of respondents with an income of \$30,001 to \$60,000 and 16% of those with a household income of \$60,001 or more. In addition, 50% of respondents with a household income of \$30,000 or less reported never compared to 73% of those with a household income of \$60,001 or more.

Table 18. Time Since Last Sigmoidoscopy or Colonoscopy by Demographic Variables

	Within Past Year	Within Past 2 Yrs (1 Year; Less than 2)	Within Past 5 Yrs (2 Years; Less than 5)	5 or More Years Ago	Never
TOTAL	11%	10%	8%	5%	65%
Gender					
Male	8	12	8	6	66
Female	14	8	8	6	64
Age**					
18 to 39	6	1	3	3	86
40 to 49	7	5	4	7	77
50 and Older	19	20	14	6	40
Education					
High School or Less	17	10	8	7	57
Some Post High School	8	11	6	5	69
College Graduate	9	9	9	5	68
Household Income**					
\$30,000 or Less	17	15	10	7	50
\$30,001 to \$60,000	11	12	6	4	65
\$60,001 or More	10	6	5	5	73
Marital Status					
Married	11	11	9	5	63
Not Married	10	6	6	7	70

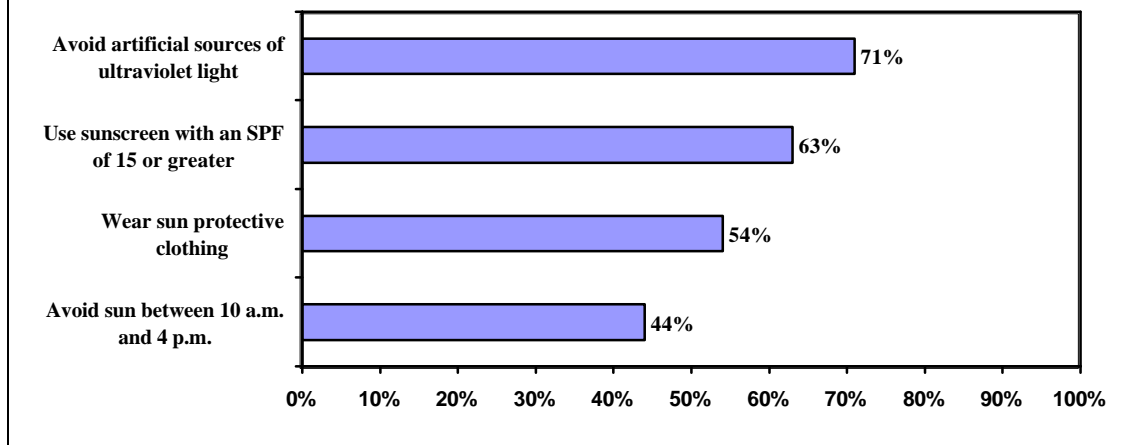
\*= p≤0.05; \*\*= p≤0.01

### Reducing the Risk of Skin Cancer (Figure 7; Table 19)

**KEY FINDING:** To reduce the risk of skin cancer, respondents were more likely to regularly avoid artificial ultraviolet light or use sunscreen with a SPF of at least 15 than wear sun protective clothing or avoid the sun between 10 a.m. and 4 p.m. Respondents with a college education were more likely to report avoiding artificial sources of UV light. Female respondents, those 35 to 44 years old, with a college education, a household income of at least \$30,001 or married respondents were more likely to report using sunscreen. Older respondents, those with a college degree or married respondents were more likely to report wearing sun protective clothing. Female respondents, those 55 to 64 years old or married respondents were more likely to report avoiding the sun.

- To reduce the risk of skin cancer, 71% of respondents regularly avoid artificial sources of ultraviolet light, 63% wear sunscreen with a SPF of 15 or higher, 54% wear sun protective clothing while 44% avoid the sun between 10 a.m. and 4 p.m.
- Ten percent of respondents did not reduce their risk by any of these four measures. Nineteen percent reported one measure. Twenty-four percent reported two of the four actions while 27% reported three and 21% reported they did all four measures regularly.

**Figure 7. Reducing the Risk of Skin Cancer (Regularly)**



- Female respondents were more likely to report using sunscreen or avoiding the sun from 10 a.m. to 4 p.m. than male respondents (both at least 10 percentage points higher).
- Older respondents were more likely to wear sun protective clothing while respondents 35 to 44 years old were more likely to report using sunscreen. Respondents 55 to 64 years old were more likely to report avoiding the sun compared to all other age groups.
- Respondents with a college education were more likely to report avoiding artificial sources of UV light, using sunscreen or wearing sun protective clothing.
- Respondents with a household income of at least \$30,001 were more likely to report using sunscreen.
- Married respondents were more likely to report using sunscreen, wearing sun protective clothing or avoiding the sun from 10 a.m. to 4 p.m.

Table 19. Reducing Risk of Skin Cancer (Regularly) by Demographic Variables

	Avoid Artificial Sources of UV Light	Sunscreen with SPF 15 or Higher	Sun Protective Clothing	Avoid Sun 10 a.m. to 4 p.m.
TOTAL	71%	63%	54%	44%
Gender				
Male	72	57**	54	35**
Female	70	68**	54	52**
Age				
18 to 24	65	36**	33**	39*
25 to 34	65	58**	43**	36*
35 to 44	70	71**	50**	40*
45 to 54	75	67**	56**	46*
55 to 64	77	60**	62**	53*
65 and older	71	68**	68**	49*
Education				
High School or Less	62**	57**	53**	48
Some Post High School	73**	60**	46**	44
College Graduate	77**	70**	60**	41
Household Income				
\$30,000 or Less	63	50**	53	47
\$30,001 to \$60,000	71	67**	52	42
\$60,001 or More	74	66**	55	46
Marital Status				
Married	72	66**	57*	46*
Not Married	70	57**	48*	39*

\*= p≤0.05; \*\*= p≤0.01

### Safety: Seat Belts and Bicycle Helmets (Tables 20 & 21)

**KEY FINDING:** Eighty-eight percent of respondents wore seat belts always or nearly always. Female respondents, those 65 and older, with a college education, with a household income of less than \$30,001 or married respondents were more likely to report they always wore seat belts. Eighty-eight percent of respondents who had children indicated their children always wore seat belts. Of those respondents who rode a bike, in-line skated or rode a scooter, 31% reported they always or nearly always wore a helmet. Of respondents who had children who rode a bike, etc., 56% reported their child always wore a helmet.

#### *Seat Belts*

- Eighty-eight percent of respondents stated they wore seat belts always or nearly always (81% and 7%, respectively).

- Female respondents were more likely to report wearing seat belts always (87%) compared to male respondents (75%).
- Respondents 18 to 24 years old were less likely to always wear seat belts (58%) compared to respondents 25 to 44 years old (81%) or 65 and older (89%).
- Seventy-eight percent of respondents who had a high school degree or less and 79% of those with some post high school education reported always compared to 85% of respondents with a college degree.
- Respondents with a household income of less than \$30,001 were more likely to always wear seat belts (85%) than those with an income of \$30,001 to \$60,000 (76%).
- Married respondents were more likely to report always wearing a seat belt compared to unmarried respondents (85% and 72%, respectively).

Table 20. Wear Seat Belt by Demographic Variables

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	4%	3%	5%	7%	81%
Gender**					
Male	5	3	7	10	75
Female	2	2	3	5	87
Age**					
18 to 24	6	13	8	16	58
25 to 34	3	3	4	9	81
35 to 44	6	2	6	6	81
45 to 54	2	2	6	8	82
55 to 64	3	4	3	5	85
65 and older	3	0	3	4	89
Education**					
High School or Less	7	2	8	5	78
Some Post High School	1	6	4	10	79
College Graduate	3	2	3	7	85
Household Income*					
\$30,000 or Less	4	1	7	2	85
\$30,001 to \$60,000	5	5	4	10	76
\$60,001 or More	3	2	4	8	83
Marital Status**					
Married	2	2	4	7	85
Not Married	7	6	6	9	72

\*= p≤0.05; \*\*= p≤0.01



### *Children and Seat Belts*

- Forty-two percent of respondents reported at least one child in the household.

#### *Of the households who have children...*

- Eighty-eight percent of respondents reported their child always wore a seat belt, used an infant seat or used a car seat while 6% reported nearly always.
- Married respondents were more likely to report their child always wore a seat belt (91%) compared to unmarried respondents (76%). Three percent of married respondents reported never compared to 15% of unmarried respondents.

### *Bicycle Helmet Usage*

- Fifty-two percent of respondents ride a bike, used in-line roller skates or scooters.

#### *Of respondents who ride a bike, use in-line roller skates or scooters...*

- Thirty-one percent of respondents who bicycle, in-line roller skate or use scooters always (25%) or nearly always (6%) wore a helmet. Fifty-six percent reported never.
- Thirty-six percent of respondents 45 to 54 years old and 27% of respondents 55 and older reported always compared to 5% of respondents 18 to 34 years old.
- Respondents with a college education were more likely to report always (31%) compared to those with a high school degree or less (17%).
- Twenty-eight percent of married respondents reported wearing a helmet always compared to 18% of those who were unmarried.

Table 21. Helmet Usage by Demographic Variables (Of Those who Ride, In-line Skate or Scooter)

	Never	Seldom	Sometimes	Nearly Always	Always
TOTAL	56%	7%	6%	6%	25%
Gender					
Male	54	9	7	5	25
Female	58	4	5	7	25
Age**					
18 to 34	86	5	0	5	5
35 to 44	62	4	15	5	15
45 to 54	45	6	4	8	36
55 and older	54	7	6	6	27
Education**					
High School or Less	68	11	3	1	17
Some Post High School	61	8	7	2	23
College Graduate	47	3	8	11	31
Household Income					
\$30,000 or Less	73	7	3	5	12
\$30,001 to \$60,000	60	8	6	4	22
\$60,001 or More	50	5	8	8	29
Marital Status*					
Married	53	5	6	7	28
Not Married	63	9	7	2	18

\*= p≤0.05; \*\*= p≤0.01

### *Children and Helmets*

- Thirty-six percent of all respondents reported at least one child in the household and a child who rides/skates.

#### *Of children who ride a bike, use in-line roller skates or a scooter...*

- Fifty-six percent of respondents reported their child always wore a helmet while 11% reported nearly always. Eighteen percent reported never.
- Seventy-seven percent of respondents with a household income of \$60,001 or more reported always/nearly always compared to 60% with a household income of less than \$60,001. Eight percent of respondents with a household income of \$60,001 or more reported their child never wore a helmet compared to 26% of respondents with a household income of less than \$60,001.
- Sixty-nine percent of married respondents reported always/nearly always compared to 59% of unmarried respondents. Unmarried respondents were more likely to report their child never wore a helmet than married respondents (35% and 15%, respectively).

## Cigarettes and Tobacco Products (Figure 8; Tables 22 & 23)

**KEY FINDING:** Twenty-one percent of respondents were current smokers. Younger respondents, those with lower education, with a household income of less than \$30,001 or unmarried respondents were more likely to be smokers. Thirty-eight percent of current smokers quit smoking for one day or longer in the past 12 months; 51% reported a health professional advised them to quit smoking. Twelve percent of households had a smoker who smokes indoors at home or smokes in their vehicle when others are present. Sixty-seven percent of all respondents preferred a smoke-free restaurant. Sixty-four percent favored a community ordinance prohibiting smoking in eating establishments. Female respondents, those with higher education, higher household income, those who were married or nonsmokers were more likely to prefer a smoke-free restaurant or favor a community ordinance to prohibit smoking in eating establishments.

### *Current Smokers*

*Twenty-four percent of adult Wisconsin residents and 23% of respondents throughout the nation were current smokers in 2001. In Wisconsin, 25% of males and 22% of females were classified as smokers. In the nation 25% were male and 21% were female. In Wisconsin, 33% of 18 to 34 year olds were smokers, 29% of 35 to 49 year olds, 19% of 50 to 64 year olds and 6% of 65 years of age or older (2001 Behavioral Risk Factor Surveillance).*

- Twenty-one percent of respondents in Waukesha County were current smokers. Five percent smoked between one and 29 days while the remaining 16% smoked every day.
- Younger respondents were more likely to be current smokers. Fifty-one percent of respondents 18 to 24 years old were smokers compared to 10% of those 65 and older.
- Respondents with a high school degree or less were more likely to be smokers (30%) compared to some post high school (22%) or those with a college degree (15%).
- Thirty-six percent of respondents with a household income of less than \$30,001 were smokers compared to 19% of those with a household income of \$30,001 to \$60,000 and 17% of those with \$60,001 or more.
- Unmarried respondents were more likely to be smokers than married respondents (32% and 16%, respectively).

Table 22. Current Smokers by Demographic Variables

	Percent
TOTAL	21%
Gender	
Male	23
Female	20
Age**	
18 to 24	51
25 to 34	30
35 to 44	20
45 to 54	19
55 to 64	16
65 and older	10
Education**	
High School or Less	30
Some Post High School	22
College Graduate	15
Household Income**	
\$30,000 or Less	36
\$30,001 to \$60,000	19
\$60,001 or More	17
Marital Status**	
Married	16
Not Married	32

\*=  $p \leq 0.05$ ; \*\*=  $p \leq 0.01$

*Number of Times Quit Smoking in Past 12 Months As a Result of Trying to Quit*

*Of current smokers...*

- Thirty-eight percent of smokers reported they quit smoking for one day or longer in the past year because they were trying to quit.
- Fifty-two percent of respondents 55 or older and 46% of respondents 25 to 34 years old reported quitting for at least one day compared to 12% of respondents 18 to 24 years old. Forty-three percent of respondents 35 to 44 years old and 34% of respondents 45 to 54 years old reported quitting at least one day.

*Doctor, Nurse or Other Health Professional Advisement to Quit Smoking*

*Of current smokers...*

- Fifty-one percent of smokers reported that a health professional advised them to quit smoking in the past 12 months.

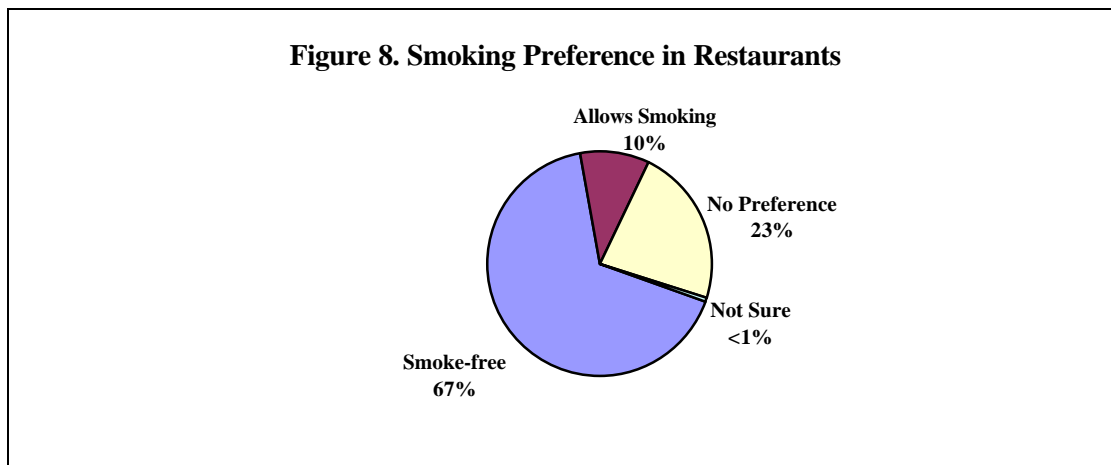
- Respondents 25 to 34 years old were more likely to report that they had been advised to quit smoking (74%) than respondents 18 to 24 years old (24%) or those 35 and older (51% to 55%).
- Seventy-one percent of respondents with a college degree reported that a health professional advised them to quit smoking compared to 31% of those with some post high school education or 52% of those with a high school degree or less.

#### *Smoking Indoor or in Vehicle*

- All respondents were asked if any smokers in their household smoke indoors or inside their vehicles when others are present. Twelve percent reported indoor smoking or vehicle smoking occurs.
- Households without children were more likely to report that smoking takes place indoors or inside their vehicles when others are present (15%) compared to households with children (8%).

#### *Smoking Preference in Restaurants*

- Sixty-seven percent of respondents reported they prefer to eat in smoke-free restaurants while 10% preferred restaurants that allow smoking. Twenty-three percent reported they do not have a preference.



- Female respondents were more likely to prefer smoke-free restaurants than male respondents (71% and 62%, respectively). Twelve percent of male respondents reported the preference for restaurants that allow smoking compared to 8% of female respondents.
- Fifty-eight percent of respondents with a high school degree or less reported that they prefer smoke-free restaurants compared to 64% of those with some post high school education or 74% of those with a college degree. Seventeen percent of respondents with a high school education or less reported the preference for restaurants that allow smoking compared to 7% of those with at least some post high school education.

- Respondents with a household income of at least \$60,001 were more likely to prefer smoke-free restaurants (76%) than those with an income of \$30,001 to \$60,000 (64%) or those with less than \$30,001 (51%). Fifteen percent of respondents with a household income of \$30,000 or less reported the preference for restaurants that allow smoking compared to 8% of those with an income of \$30,001 to \$60,000 or 10% with a household income of \$60,001 or more.
- Married respondents were more likely to prefer smoke-free restaurants (70%) than unmarried respondents (60%). The preferences for restaurants that allow smoking were similar (9% married and 10% unmarried).
- Seventy-eight percent of nonsmokers preferred smoke-free restaurants compared to 25% of smokers. Thirty-six percent of smokers reported restaurants that allow smoking while 3% of nonsmokers reported this.

#### *Community Ordinance Prohibiting Smoking in Eating Establishments*

- Sixty-four percent of respondents favored a community ordinance prohibiting smoking in eating establishments (39% strongly favor, 25% moderately favor).
- Female respondents were more likely to favor an ordinance (68%) compared to male respondents (59%).
- Respondents with a college degree were more likely to favor an ordinance (69%) than those with some post high school education (65%) or those with a high school degree or less (56%).
- As household income increased, so did the likelihood of respondents favoring an ordinance. Fifty-three percent of those with a household income of \$30,000 or less reported this compared to 61% of those with an income of \$30,001 to \$60,000 or 71% of those with at least \$60,001.
- Married respondents were more likely to favor an ordinance than unmarried respondents (66% and 60%, respectively).
- Seventy-four percent of nonsmokers were in favor of a smoking prohibition ordinance compared to 26% of smokers. Nonsmokers were much more likely to strongly favor (48%) compared to smokers (8%).

Table 23. Favor Ordinance to Prohibit Smoking in Eating Establishments in Their Community by Demographic Variables

	Moderately Favor	Strongly Favor
TOTAL	25%	39%
Gender**		
Male	29	30
Female	21	47
Age		
18 to 24	24	27
25 to 34	30	36
35 to 44	22	38
45 to 54	25	43
55 to 64	22	48
65 and older	24	38
Education*		
High School or Less	21	35
Some Post High School	29	36
College Graduate	24	45
Household Income**		
\$30,000 or Less	24	29
\$30,001 to \$60,000	25	36
\$60,001 or More	23	48
Marital Status*		
Married	23	43
Not Married	28	32
Smoking Status**		
Nonsmoker	26	48
Smoker	18	8

\*= p≤0.05; \*\*= p≤0.01

#### *Snuff or Chewing Tobacco*

- One percent of respondents reported they currently use snuff or chewing tobacco.

## Alcohol Use (Table 24)

**KEY FINDING:** Seventy percent of respondents had an alcoholic drink in the past 30 days. In the past month, 28% had three or more drinks at least on one occasion while 16% binge. Males or younger respondents were more likely to have three or more drinks on more occasions or binge at least once in the past month. Unmarried respondents were also more likely to have binge. Two percent reported they had been a driver or a passenger when the driver perhaps had too much to drink. Four percent of respondents reported someone in their family had experienced a problem in connection with drinking in the past year.

### *Had a Drink in the Past Month*

- Seventy percent of respondents had a drink in the past 30 days. Thirty-six percent reported they drank at least on five days, while 14% reported three to four days, and 20% reported drinking on one or two days in the past 30 days.
- Eleven percent of all respondents reported an average of four or more drinks per day on the days they drank while another 11% reported three, 22% reported two and 25% reported one drink on average on the days they drank. Thirty-one percent reported having no drinks in the past month.

### *Three or More Drinks on an Occasion in Past Month*

- Twenty-eight percent of all respondents had three or more drinks on an occasion in the past month. Fourteen percent each reported one to two times or three or more times.
- Male respondents were more likely to have three or more drinks (36%) than female respondents (21%). And males were more likely to have three or more drinks on three or more occasions (19%) compared to female respondents (9%).
- Respondents 18 to 24 years old were more likely to have had three or more drinks and more often. Fifty-four percent of respondents 18 to 24 years old reported three or more drinks (29% one to two occasions and 25% three or more occasions) compared to 13% of respondents 65 and older (5% one to two occasions and 8% three or more occasions).

### *Binge Drinking in Past Month*

*Recently, the binge drinking definition changed. Previously, the Center for Disease Control (CDC) considered five or more drinks at one time binge drinking. Now, binge drinking for females is four or more drinks while for males it has remained at five or more drinks. The definition has changed as a result of weight and metabolism differences between men and women. At this time, there is no state or national data based on the new binge drinking definition.*

*Under the old definition, in 2001, 26% of Wisconsin residents reported having five or more drinks at one time in the past month. Nationally 15% of respondents reported binge drinking in the past month. When broken down by gender, 15% of females and 37% of males in Wisconsin binged. Nationally, 7% of females and 23% of males binged in the past month (2001 Behavioral Risk Factor Surveillance).*



- Sixteen percent of all respondents binged in the past month.
- Male respondents were more likely to have binged in the past month (21%) than female respondents (11%).
- Four percent of respondents 65 and older reported binge drinking in the past month compared to 23% of those 25 to 44 years old or 46% of those 18 to 24 years old.
- Respondents who were not married were more likely to have binged in the past month (20%) compared to married respondents (14%).

Table 24. Number of Drinks on an Occasion in Past Month by Demographic Variables of All Respondents

	3 or More Drinks		Binge
	1 to 2 Times	3 or More Times	(5+ Males; 4+ Females)
TOTAL	14%	14%	16%
Gender			
Male	17**	19**	21**
Female	12**	9**	11**
Age			
18 to 24	29**	25**	46**
25 to 34	21**	16**	23**
35 to 44	16**	22**	23**
45 to 54	9**	8**	6**
55 to 64	15**	7**	8**
65 and Older	5**	8**	4**
Education			
High School or Less	12	9	16
Some Post High School	14	17	19
College Graduate	17	14	14
Household Income			
\$30,000 or Less	16	7	17
\$30,001 to \$60,000	14	14	17
\$60,001 or More	15	15	15
Marital Status			
Married	14	13	14**
Not Married	15	16	20**

\*= p≤0.05; \*\*= p≤0.01

### *Driven or Ridden When Driver Had Perhaps Too Much to Drink in Past Month*

- Two percent of respondents reported in the past month they were a driver or passenger in a vehicle when the driver had perhaps too much alcohol to drink.

### *Family Problem Associated with Alcohol in Past Year*

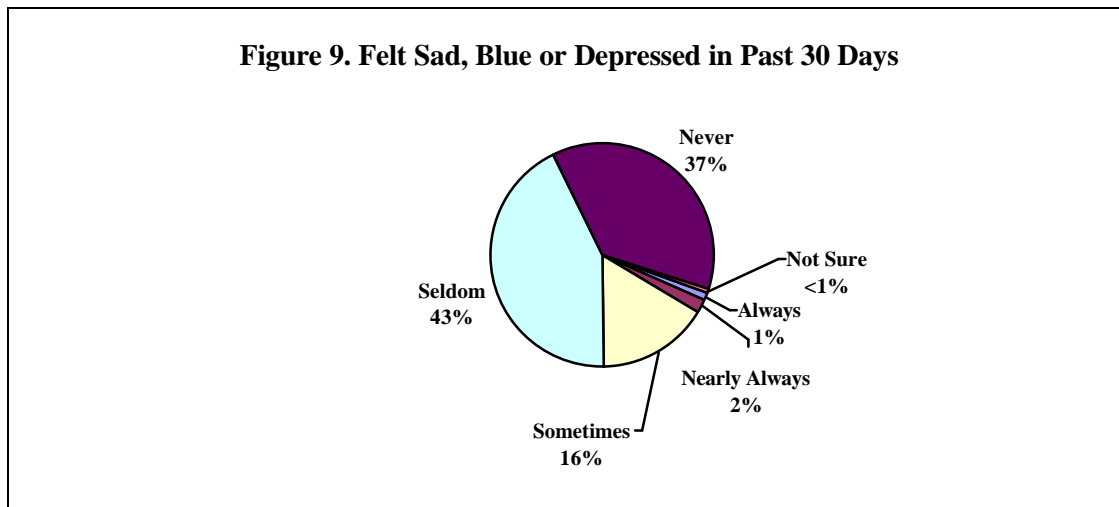
- Four percent of respondents reported they, or someone in their family, experienced some kind of problem, such as legal, social, personal, or physical in connection with drinking in the past year.

## **Mental Health Status (Figures 9 & 10; Table 25)**

**KEY FINDING:** Three percent of respondents reported always or nearly always feeling sad, blue or depressed. Twenty-eight percent felt they were excellent at managing stress. Five percent reported they never or seldom find meaning and purpose in their daily life. Two percent of respondents felt so overwhelmed they considered suicide.

### *Feeling Sad, Blue or Depressed*

- When asked “During the past 30 days, about how often would you say you felt sad, blue or depressed,” three percent of survey respondents answered always or nearly always. This equates up to 18,900 residents. Sixteen percent reported sometimes and the remaining 80% reported seldom (43%) or never (37%).



- Male respondents were more likely to report never feeling sad, blue or depressed in the past 30 days (42%) than female respondents (32%). When looking at nearly always/always feeling sad etc., they were similar.

- Five percent of respondents 45 to 54 years old reported always/nearly always followed by 4% of respondents 55 to 64 years old. Three percent of respondents 18 to 34 years old reported this while the remaining age groups were at 2% each. Forty-seven percent of respondents 65 and older reported never followed by 44% of those 25 to 34 years old and 40% of those 55 to 64 years old. Only 6% of respondents 18 to 24 years old reported never. The remaining groups ranged from 34% to 36%.

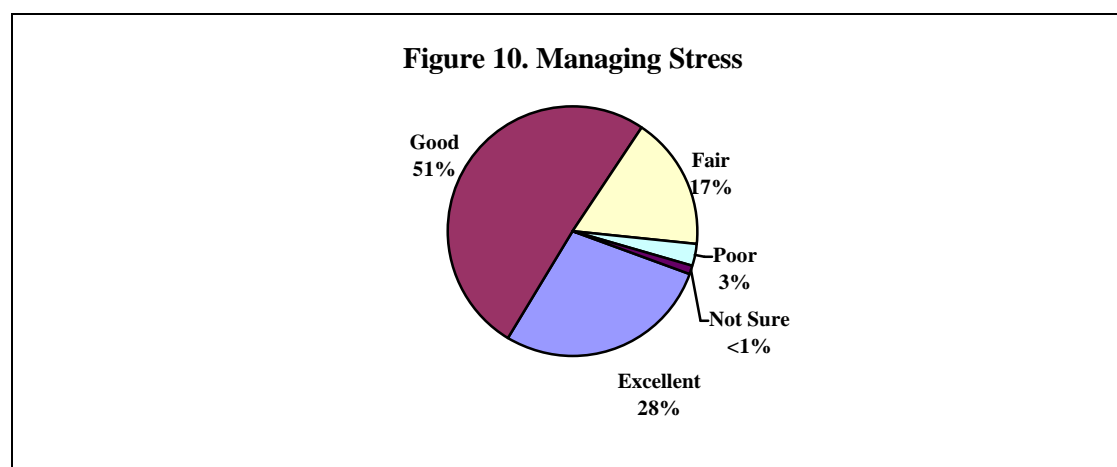
### *Considered Suicide*

*All respondents were asked if they have felt so overwhelmed that they considered suicide in the past year. The Waukesha County Community Health Survey did not ask how seriously suicide was considered, how recent, or how often the sense of being so overwhelmed they considered suicide.*

- Two percent of respondents reported they felt so overwhelmed in the past year that they considered suicide. Although this is a small percent, it approximates up to 16,200 residents who considered suicide in the past year.

### *Managing Stress*

- Twenty-eight percent reported they were excellent at managing stress. Fifty-one percent reported good while 17% reported fair and 3% reported poor.



- Respondents 25 to 44 years old were more likely to report poor (4%) than respondents 18 to 24 years old or 65 and older (0% each) or 45 to 64 years old (3%). Twenty-eight percent of respondents 18 to 24 years old and 26% of those 35 to 44 years old reported poor or fair compared to 12% of respondents 65 and older. All others ranged from 16% to 20%.
- Eight percent of respondents with a household income of less than \$30,001 reported poor compared to 1% of those with an income of \$30,001 to \$60,000 or 3% of those with more than \$60,000. Twenty-four percent of respondents with a household income of less than \$30,001 reported fair or poor compared to 17% of those with an income of \$30,001 to \$60,000 or 20% with a household income of more than \$60,000.

### *Finding Meaning and Purpose in Daily Life*

- Forty-two percent of respondents reported they always find meaning and purpose in their daily life, an additional 38% reported nearly always. Fifteen percent reported sometimes while 3% reported seldom and 2% reported never.
- Six percent of respondents 65 and older reported never compared to 0% of respondents 18 to 24 years old. All others ranged from 4% to 5%. However, respondents 18 to 24 years old were less likely to report always (17%) compared to all others (41% to 48%).
- Eight percent of respondents with a high school degree or less reported never/seldom compared to 3% of those with more than a high school degree.
- Respondents with a household income of less than \$60,001 were more likely to report never/seldom (7%) than those with a household income of \$60,001 or more (1%).
- Married respondents were more likely to report always (46%) compared to unmarried respondents (32%).

Table 25. Finding Meaning and Purpose in Daily Life by Demographic Variables

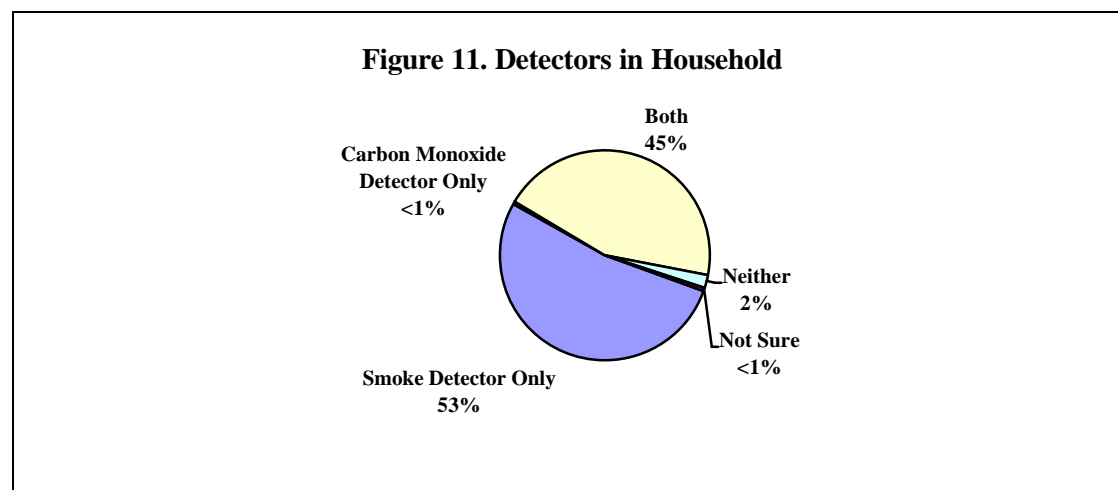
	Never/Seldom	Sometimes	Nearly Always	Always
TOTAL	5%	15%	38%	42%
Gender				
Male	4	17	36	43
Female	5	13	40	42
Age**				
18 to 24	0	39	44	17
25 to 34	5	15	34	46
35 to 44	5	10	38	48
45 to 54	4	15	40	41
55 to 64	5	12	38	44
65 and older	6	14	38	41
Education*				
High School or Less	8	18	30	43
Some Post High School	3	13	44	40
College Graduate	3	14	40	43
Household Income**				
\$30,000 or Less	7	28	26	38
\$30,001 to \$60,000	7	11	38	44
\$60,001 or More	1	10	44	44
Marital Status**				
Married	4	12	37	46
Not Married	6	20	41	32

\*= p<0.05; \*\*= p<0.01

## Detectors in Household (Figure 11; Table 26)

**KEY FINDING:** Ninety-eight percent of households had a working smoke alarm while 45% had a working carbon monoxide detector. Married households or those with a household income of at least \$30,001 were more likely to have both a smoke alarm and a carbon monoxide detector.

- Forty-five percent of respondents reported a working smoke alarm and a working carbon monoxide detector in their home. Fifty-three percent had only a working smoke alarm while less than one percent had only a carbon monoxide detector. Two percent had neither.



- Forty-eight percent of households with \$30,001 or more reported having both a smoke detector and a carbon monoxide detector compared to 32% with a household income of \$30,000 or less.
- Married households were more likely to have both detectors (51%) compared to unmarried respondents (32%). Three percent of unmarried respondents reported neither compared to 1% of married respondents.

Table 26. Detectors in Household by Demographic Variables

	Smoke Detector	Carbon Monoxide Detector	Both	Neither
<b>TOTAL</b>	53%	<1%	45%	2%
<b>Household Income*</b>				
\$30,000 or Less	64	0	32	3
\$30,001 to \$60,000	50	<1	48	2
\$60,001 or More	52	0	48	<1
<b>Marital Status**</b>				
Married	47	<1	51	1
Not Married	65	0	32	3

\*= p≤0.05; \*\*= p≤0.01

## **Presence of Firearms in Household**

**KEY FINDING:** Thirty-two percent of households had a firearm in their household. Married households or households with higher income were more likely to have a firearm. Of all households, 2% had a loaded firearm. One percent of all households had a firearm loaded and unlocked.

### *Firearm in Household*

*In a recent Gallup survey, four in 10 American households had a gun somewhere on the property (2001 Research Alert)*

- At the time of the survey administration, 32% of households had one or more firearm.
- Households with higher income were more likely to own a firearm compared to households with less income. Twenty-two percent of respondents with less than \$30,001 in household income had a firearm compared to 34% of those with a household income of \$30,001 to \$60,000 and 37% of those with \$60,001 or more.
- Married households were more likely to own a firearm (38%) compared to unmarried households (21%).

### *Loaded Firearm*

- Two percent of all households had a loaded firearm.

### *Loaded Firearm Also Unlocked*

*Respondents were given the following definition for unlocked: you do not need a key or combination to get the gun or to fire it. A safety is not counted as a lock.*

- One percent of all households had loaded firearm also unlocked.

## Personal Safety Issues

**KEY FINDING:** Six percent of respondents reported someone had made them afraid for their personal safety while 2% reported they had been pushed, kicked, hit or slapped in the past year.

### *Afraid for Personal Safety*

- When asked “During the past year has anyone made you afraid for your personal safety,” six percent reported yes.
- Respondents 18 to 24 years old were more likely to report being afraid for their personal safety (16%) followed by respondents 35 to 44 years old (10%). Four percent of respondents 45 to 64 years old, 3% of those 25 to 34 years old and 0% of respondents 65 and older reported being afraid.
- Unmarried respondents were more likely to be afraid for their personal safety than married respondents (9% and 4%, respectively).
  - A stranger (23 responses) was most often mentioned as the perpetrator. Fourteen respondents reported acquaintance and five respondents reported ex-spouse. Fewer than five respondents reported each of the following: separated spouse, boyfriend/girlfriend, spouse or someone else.

### *Pushed, Kicked, Slapped or Hit*

- Two percent of respondents reported they were pushed, kicked, slapped or hit in the past year.
  - An acquaintance was reported by nine respondents. Three respondents reported a stranger. Less than three respondents reported a friend, spouse, separated spouse, ex-spouse or boyfriend/girlfriend.

### *Combined Personal Safety Threats*

- A total of 6% of all respondents reported at least one of the two threats.

## **APPENDIX A: ADDITIONAL QUESTIONS**

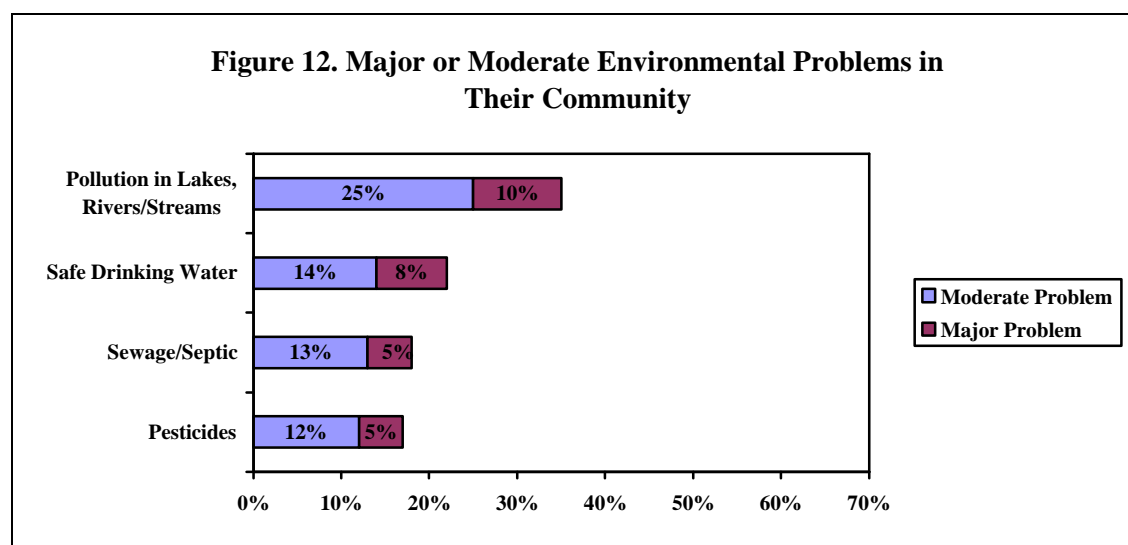


Each health department was offered an additional minute for any questions they wanted. They could select from a list of questions provided or develop their own.

### Environmental Problems in Their Community (Figure 12; Table 27)

**KEY FINDING:** Out of four community environmental problems, the most often cited major or moderate problem was pollution in lakes, rivers and streams (35%). Respondents with some post high school education were more likely to report water pollution while respondents 45 to 54 years old were more likely to report pesticides.

- Out of four environmental problems that communities may face, 35% of respondents reported water pollution in lakes, rivers and streams as a major or moderate problem in their community. Twenty-two percent reported safe drinking water followed by 18% reporting sewage/septic and 17% reporting pesticides.



- Twenty-five percent of respondents 45 to 54 years old reported pesticides as a major or moderate problem compared to 6% of those 18 to 24 years old.
- Respondents with some post high school education were more likely to report water pollution as a major/moderate problem (41%) compared to those with a college degree (33%) or those with a high school degree or less (30%).

Table 27. Major/Moderate Environmental Problems in Their Community by Demographic Variables

	Lake, River & Stream Pollution	Safe Drinking Water	Sewage or Septic	Pesticides
TOTAL	35%	22%	18%	17%
Gender				
Male	34	21	19	15
Female	35	24	16	19
Age				
18 to 24	28	16	27	6**
25 to 34	29	22	14	10**
35 to 44	37	25	16	20**
45 to 54	37	26	19	25**
55 to 64	34	22	16	15**
65 and older	39	19	20	16**
Education				
High School or Less	30*	21	18	17
Some Post High School	41*	25	16	17
College Graduate	33*	22	18	18
Household Income				
\$30,000 or Less	37	24	22	16
\$30,001 to \$60,000	34	23	15	16
\$60,001 or More	34	21	19	18
Marital Status				
Married	35	21	17	17
Not Married	36	26	19	17

\*= p≤0.05; \*\*= p≤0.01

### Awareness of and Experience with Public Health Department (Table 28)

**KEY FINDING:** Nine percent of respondents were not aware of the public health department prior to the interview; 28% received services from the health department. Respondents who were female or 65 and older, were more likely to report receiving some services.

- Nine percent of respondents were not aware of the public health department prior to the interview. Sixty-four percent were aware of the department but had no experience with it. Twenty-five percent received limited services from the health department and 3% received more extensive services.
- Female respondents were more likely to have received services from the health department (31%) than male respondents (24%). However, 10% of female respondents were not aware of the health department compared to 7% of males.

- Forty-one percent of respondents 65 and older reported receiving any form of service compared to 22% of respondents 18 to 24 years old or 21% of those 25 to 34 years old; however, 11% of respondents 18 to 24 years old received extensive services. Twenty percent of respondents 18 to 24 years old reported being unaware of the health department compared to 5% of those 45 to 54 years old or 65 and older.
- When receiving services, education levels were similar. However, respondents with a high school degree or less were two times more likely to not be aware of the health department (14%) compared to those with some post high school education (6%) or those with a college degree (7%).
- Respondents with a household income of less than \$30,001 or with an income of at least \$60,001 were more likely to have received services compared to those with a household income of \$30,001 to \$60,000. Respondents with an income of less than \$30,001 were more likely to have received extensive services (10%) than those with more than \$30,000 (1% to 2%).

Table 28. Awareness of and Experience with Public Health Department by Demographic Variables

	Not aware	Aware/no experience	Aware/received limited services	Aware/received more extensive services
TOTAL	9%	64%	25%	3%
Gender*				
Male	7	69	22	2
Female	10	59	27	4
Age**				
18 to 24	20	58	11	11
25 to 34	11	68	21	0
35 to 44	8	67	21	5
45 to 54	5	68	25	2
55 to 64	8	61	29	2
65 and older	5	55	38	3
Education**				
High School or Less	14	57	22	7
Some Post High School	6	66	26	2
College Graduate	7	66	26	2
Household Income**				
\$30,000 or Less	9	61	19	10
\$30,001 to \$60,000	9	66	22	2
\$60,001 or More	8	62	29	1
Marital Status				
Married	8	63	27	2
Not Married	10	66	20	4

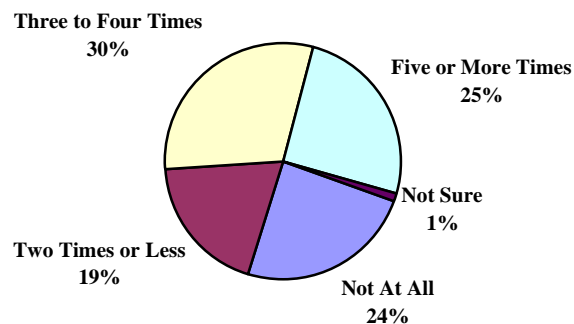
\*= p≤0.05; \*\*= p≤0.01

### Exercise for at Least Twenty Minutes (Figure 13; Table 29)

**KEY FINDING:** Twenty-four percent of respondents reported they do not exercise for at least 20 minutes in which the heart beats faster at all in a typical week. Respondents 65 and older, with lower education or lower household income were more likely to report not exercising for at least 20 minutes.

- Respondents were asked how many times in a typical week they exercise for at least twenty minutes with continuous movement that results in a faster heartbeat and increased heart rate. Nineteen percent reported two times or less, 30% reported three to four times and 25% reported five or more times. Twenty-four percent reported they did not exercise at all in a typical week.

**Figure 13. Exercise For At Least 20 Minutes in a Typical Week**



- Fifty-nine percent of female respondents reported exercising at least three times compared to 51% of male respondents.
- As age increased, so did the likelihood of respondents reporting they did not exercise at all during a typical week. Forty-four percent of respondents 65 and older reported this compared to 6% of those 18 to 24 years old. Seventy percent of respondents 18 to 24 years old exercised at least three times compared to 38% of respondents 65 and older.
- Respondents with a high school degree or less were more likely to report not exercising (36%) compared to those with some post high school education (28%) or those with a college degree (15%). Forty-two percent of respondents with a high school education or less reported exercising at least three times compared to 66% of respondents with a college education.
- Forty-two percent of respondents with a household income of less than \$30,001 reported exercising at least three times compared to 63% of those with an income of more than \$60,000. Eighteen percent of respondents with a household income of at least \$60,001 did not exercise compared to 27% of those with an income of \$30,001 to \$60,000 or 31% of those with less than \$30,001.

Table 28. Exercise for at Least Twenty Minutes in Typical Week by Demographic Variables

	Not At All	Two Times or Less	Three to Four Times	Five or More Times
TOTAL	24%	19%	30%	25%
Gender*				
Male	24	24	26	25
Female	25	16	34	25
Age**				
18 to 24	6	23	28	42
25 to 34	10	25	42	22
35 to 44	21	17	37	24
45 to 54	25	21	29	24
55 to 64	30	16	25	27
65 and older	44	16	19	19
Education**				
High School or Less	36	21	20	22
Some Post High School	28	17	31	23
College Graduate	15	19	37	29
Household Income**				
\$30,000 or Less	31	25	26	16
\$30,001 to \$60,000	27	18	25	28
\$60,001 or More	18	19	37	26
Marital Status				
Married	25	19	30	24
Not Married	23	19	30	27

## **APPENDIX B: QUESTIONNAIRE FREQUENCIES**

WAUKESHA COUNTY  
COMMUNITY HEALTH SURVEY  
Conducted: February 24 through May 13, 2003  
(Due to rounding, some questions may total more/less than 100%)

1. Generally speaking, would you say that your own health is excellent, very good, good, fair, or poor?

Poor .....	1%
Fair .....	7
Good .....	25
Very good .....	37
Excellent .....	30
Not sure .....	0

2. What is your primary type of health care coverage?

No health care coverage.....	3%
Medical Assistance or Title 19.....	1
Badger Care .....	<1
Medicare .....	13
A prepaid plan such as a HMO, PPO .....	59
Another commercial health plan .....	19
Something else .....	3
Not sure .....	2

3. Is every member of your household covered by health insurance?

Not all members covered.....	7%
All members covered.....	93
Not sure .....	<1

4. During the past 12 months, was there any time that you or someone in your household did not have any health care coverage or insurance?

Not all members covered.....	12%
All members covered.....	88
Not sure .....	0

5. Where do you go to get most of your health care services?

Medical doctor, internist, OB/GYN, family practice .....	80%
Walk-in or urgent care clinic .....	12
Hospital emergency room.....	3
Community health center .....	2
Other .....	3
Not sure .....	<1

6. Do you have an advance care plan stating your end of life health care wishes?

Yes..... 36%  
 No..... 62  
 Not sure ..... 2

A routine check-up is a general physical exam, not an exam for a specific injury, illness or condition.  
 About how long has it been since you last received a routine checkup?

	Less than a year ago	1 to 2 years ago	3 to 4 years ago	5 or more years ago	Never	Not sure
7. A routine checkup.....	61%	23%	5%	10%	<1%	<1%
8. Cholesterol testing .....	53	19	6	6	15	<1
9. Visit to a dentist/dental clinic..	80	12	4	5	<1	<1
10. Eye exam.....	55	29	6	8	2	<1

11. During the past 12 months, have you had a flu shot?

Yes..... 34%  
 No..... 66  
 Not sure ..... <1

12. Have you ever had a pneumonia or pneumococcal shot?

Yes..... 17%  
 No..... 82  
 Not sure ..... 1

In the past three years, have you been told by a doctor, nurse or other health care provider that:

	Yes	No	Not sure
13. You have high blood pressure? .....	17%	83%	0%
14. Your blood cholesterol is high? .....	17	81	2
15. You had a stroke?.....	1	99	<1
16. You have heart disease or a heart condition?...	6	94	0
17. You have diabetes (men) You have diabetes not associated with a pregnancy (women).....	4	95	<1
18. ....if yes, have you had your blood sugar tested in the past year? [36 Respondents]	100	0	0
19. You had a mental health problem?.....	1	99	<1
20. You had cancer, other than skin cancer .....	3	97	<1
21. You had a sexually transmitted disease.....	<1	100	0



	Yes	No	Not sure
22. Have you <u>ever</u> been told by a doctor, nurse or other health care provider that you have asthma? .....	8%	93%	0%
23. Do you still have asthma? [All Respondents] ...	6	94	<1
24. ....(if yes), do you have an asthma action plan? [47 Respondents] .....	60	38	2

25. On an average day, how many servings of fruit do you eat or drink? One serving is ½ cup of canned or cooked fruit, 1 medium piece of fruit or 6 ounces of juice.

One or fewer servings..... 31%  
Two servings ..... 30  
Three or more servings ..... 39  
Not sure ..... <1

26. On an average day, how many servings of vegetables do you eat? One serving is ½ cup of cooked or raw vegetable or 6 ounces of juice.

One or fewer servings..... 33%  
Two servings ..... 38  
Three or more servings ..... 28  
Not sure ..... <1

27. How often do you eat foods such as hamburgers, French fries, hot dogs, pizza, tacos or fried chicken?

A few times per month ..... 38%  
A few times per week..... 40  
Daily or nearly so ..... 8  
Hardly ever or never ..... 14  
Not sure ..... <1

28. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise?

Yes..... 77%  
No..... 23  
Not sure ..... 0

29. Now thinking about the moderate physical exercise you do when you are not working, in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening or anything else that causes small increases in breathing or heart rate?

Yes..... 80%  
No..... 20  
Not sure ..... 0

30. How many days per week do you do these moderate activities for at least 10 minutes at a time?

One .....	3%
Two.....	12
Three.....	21
Four .....	13
Five.....	12
Six .....	4
Seven .....	15
Not sure .....	<1
No moderate exercise/no answer.....	21

31. On the days you do these moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Less than 30 minutes .....	12%
30 to 44 minutes .....	25
45 to 59 minutes .....	8
60 or more minutes.....	33
Not sure .....	<1
No moderate exercise/no answer.....	20

#### **Q32 THROUGH Q34 FEMALES ONLY**

32. How long has it been since you had your last mammogram? [418 Respondents]

Within the past year (anytime less than 12 months ago) .....	46%	ÛGO TO Q34
Within the past 2 years (1 year, but less than 2 years ago) .....	17	ÛGO TO Q34
Within the past 3 years (2 years, but less than 3 years ago) ....	3	ÛGO TO Q34
Within the past 5 years (3 years, but less than 5 years ago) ....	3	ÛCONTINUE WITH Q33
5 or more years ago .....	3	ÛCONTINUE WITH Q33
Never .....	28	ÛCONTINUE WITH Q33
Not sure .....	<1	ÛCONTINUE WITH Q33

33. What is the most important reason why you have not had a mammogram in the last three years? [37 Respondents 40 years old or older]

No time .....	8 responses
Don't like .....	5 responses
Too young.....	4 responses
Don't need .....	4 responses
Not insured.....	3 responses
Not recommended by provider.....	3 responses
Too expensive .....	2 responses
Other.....	1 response
Not sure .....	7 responses

[103 Respondents 18 to 39 years old]

Too young.....	96 responses
Don't need .....	5 responses
Too expensive .....	1 response
Not recommended by provider.....	1 response

34. A pap smear is a test for cancer of the cervix. How long has it been since you had your last pap smear? [418 Respondents]

Within the past year (anytime less than 12 months ago) .....	64%
Within the past 2 years (1 year, but less than 2 years ago) .....	21
Within the past 3 years (2 years, but less than 3 years ago) .....	4
Within the past 5 years (3 years, but less than 5 years ago).....	3
5 or more years ago .....	5
Never .....	3
Not sure.....	<1

### Q35 MALES ONLY

35. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since your last digital rectal exam? [380 Respondents]

Within the past year (anytime less than 12 months ago) .....	24%
Within the past 2 years (1 year, but less than 2 years ago) .....	18
Within the past 5 years (2 years, but less than 5 years ago).....	8
5 or more years ago .....	10
Never .....	40
Not sure.....	1

## ALL RESPONDENTS

36. A blood stool test is a test that may use a special kit to determine whether the stool contains blood. How long has it been since you had your last blood stool test?

Within the past year (anytime less than 12 months ago) .....20%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 14  
 Within the past 5 years (2 years, but less than 5 years ago)..... 6  
 5 or more years ago ..... 5  
 Never .....52  
 Not sure..... 4

37. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. How long has it been since you had your last sigmoidoscopy or colonoscopy?

Within the past year (anytime less than 12 months ago) ..... 11%  
 Within the past 2 years (1 year, but less than 2 years ago) ..... 10  
 Within the past 5 years (2 years, but less than 5 years ago)..... 8  
 Within the past 10 years (5 years but less than 10 years ago)... 2  
 10 years ago or more..... 3  
 Never .....65  
 Not sure..... 1

Do you regularly...

	Yes	No	Not sure
38. Avoid the sun between 10 a.m. and 4 p.m. ...	44%	56%	<1%
39. Wear sun-protective clothing when exposed to sunlight?.....	54	46	<1
40. Use sunscreen with a sun protective factor (SPF) of 15 or greater.....	63	37	0
41. Avoid artificial sources of ultraviolet light?.....	71	28	1

42. How often do you wear a helmet when you bicycle, use in-line roller skates or scooters?

Do not ride/skate/scoot.....48%

Frequency of those who bicycle, use in-line roller skates or scooters [417 Respondents]

Never ..... 56%  
 Seldom..... 7  
 Sometimes..... 6  
 Nearly always..... 6  
 Always ..... 25  
 Not sure ..... <1

43. How often do you use seat belts when you drive or ride in a motor vehicle? Would you say always, nearly always, sometimes, seldom, or never?

Never .....	4%
Seldom.....	3
Sometimes.....	5
Nearly always.....	7
Always .....	81
Not sure .....	<1

44. How many children under 18 years old currently live in your household?

One .....	14%
Two.....	18
Three or more.....	10
None .....	59
Not sure .....	<1

üGO TO Q47

45. How often do the children in your household wear a helmet when they bicycle, or use skateboards, in-line roller skates or scooters? Would you say always, nearly always, sometimes, seldom or never? [328 Respondents]

Do not ride/skate/scoot..... 13%

Frequency of those who bicycle, use in-line roller skates or scooters [287 Respondents]

Never .....	18%
Seldom.....	6
Sometimes.....	7
Nearly always.....	11
Always .....	56
It depends.....	<1

46. How often do the children in your household use an infant seat, car seat or seat belts? Would you say always, nearly always, sometimes, seldom, or never? [328 Respondents]

Never .....	2%
Seldom.....	<1
Sometimes.....	3
Nearly always.....	6
Always .....	88
Not sure .....	<1

47. During the **past 30 days**, about how often would you say you felt sad, blue, or depressed?  
Would you say always, nearly always, sometimes, seldom, or never?

Never .....	37%
Seldom.....	43
Sometimes.....	16
Nearly always.....	2
Always .....	1
Not sure .....	<1

48. How would you rate yourself in terms of managing stress? Are you doing an excellent, good, fair, or poor job at managing stress?

Poor .....	3%
Fair .....	17
Good .....	51
Excellent .....	28
Not sure .....	<1

49. How often would you say you find meaning and purpose in your daily life? Would you say always, nearly always, sometimes, seldom, or never?

Never .....	2%
Seldom.....	3
Sometimes.....	15
Nearly always.....	38
Always .....	42
Not sure .....	<1

50. In the past year have you ever felt so overwhelmed that you considered suicide?

Yes.....	2%
No.....	98
Not sure .....	<1

Now I'd like to ask you about alcohol. An alcoholic drink is one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail or one shot of liquor.

51. During the past 30 days, on how many days did you drink any alcoholic beverages?

None .....	31%
One to two days.....	20
Three to four days .....	14
Five or more days .....	36
Not sure .....	<1

52. On the days when you drank, about how many drinks did you drink on the average?

None .....	31%
One drink .....	25
Two drinks .....	22
Three drinks .....	11
Four or more drinks .....	11
Not sure .....	<1

53. Considering all types of alcoholic beverages, how many times during the past month did you have three or more drinks on an occasion?

None .....	72%
One to two times .....	14
Three or more times .....	14
Not sure .....	<1

54. [FEMALES] Considering all types of alcoholic beverages, how many times during the past month did you have four or more drinks on an occasion? [MALES FIVE OR MORE DRINKS]

None .....	84%
Once .....	6
Two or more times .....	10
Not sure .....	<1

55. In the last month, did you drive or ride when the driver had perhaps too much alcohol to drink?

Yes.....	2%
No.....	98
Not sure .....	<1

56. During the past year, has ANYONE IN YOUR FAMILY, INCLUDING YOURSELF, experienced any kind of problem such as legal, social, personal, physical or medical in connection with drinking?

Yes.....	4%
No.....	96
Not sure .....	<1

Now I'd like to talk to you about cigarettes and tobacco....

57. During the past 30 days, on how many days did you smoke at least one cigarette?

0 days.....	79%
1 to 29 days .....	5
30 days.....	16
Not sure .....	<1

58. [CURRENT SMOKERS ONLY] During the past 12 months, how many times did you quit smoking for one day or longer because you were trying to quit? [171 Respondents]

0 days.....	63%
At least 1 day .....	38
Not sure .....	0

59. [CURRENT SMOKERS ONLY] In the past 12 months, has a doctor, nurse or other health professional advised you to quit smoking? [171 Respondents]

Yes.....	51%
No.....	49
Not sure .....	0

60. Do you currently use snuff or chewing tobacco?

Yes.....	1%
No.....	99
Not sure .....	0

61. Do any smokers who live in your household smoke indoors at home or in their vehicle when others are present?

Yes.....	12%
No.....	39
No smokers in the household.....	48
Not sure .....	<1

62. Some people prefer to eat in smoke-free restaurants, other people prefer to eat in restaurants that allow smoking. Which do you prefer?

Smoke-free restaurants .....	67%
Restaurants that allow smoking .....	10
No preference.....	23
Not sure .....	<1

63. To what extent would you favor or oppose an ordinance in your community prohibiting smoking in eating establishments?

Strongly oppose.....	16%
Moderately oppose .....	16
Moderately favor .....	25
Strongly favor .....	39
Not sure .....	5



Another issue being discussed these days deals with firearms.

64. Are any firearms kept in or around your home?

Yes..... 32%  
 No..... 68  
 Not sure ..... <1

65. Are any of these firearms now loaded? [All Respondents]

Yes..... 2%  
 No..... 29  
 Not sure ..... <1  
 No firearms in the household/no answer ..... 68

66. Are any of these loaded firearms also unlocked? By unlocked I mean you do not need a key or combination to get the gun or to fire it. We don't count a safety as a lock. [All Respondents]

Yes..... 1%  
 No..... <1  
 Not sure ..... 0  
 No firearms in household/not loaded/no answer ..... 98

The next questions deal with alternative therapy treatments.

In the past three years, have you received alternative therapies or treatment such as . . .

	Yes	No	Not sure
67. Going to a chiropractor? .....	18%	82%	0%
68. Having acupuncture? .....	2	98	<1
69. Massage therapy? .....	19	81	0
70. Aroma therapy? .....	6	94	0
71. Movement therapy, such as yoga or tai' chi? .....	6	94	0
72. Meditation? .....	5	95	<1

Now, I have a few questions to ask about you and your household.

73. Gender [DERIVED, NOT ASKED]

Male..... 48%  
 Female ..... 52

74. In what year were you born? [CALCULATE AGE]

18 to 24 years old .....	8%
25 to 34 years old .....	15
35 to 44 years old .....	26
45 to 54 years old .....	22
55 to 64 years old .....	13
65 and older .....	15

75. About how much do you weigh, without shoes?

76. About how tall are you, without shoes?

[CALCULATE BODY MASS INDEX (BMI)]

Not overweight.....	47%
Overweight.....	38
Obese.....	15

77. What is your racial heritage?

White .....	96%
Black, African American or Negro .....	1
Asian or Pacific Islander.....	<1
American Indian or Alaska Native .....	<1
Another race .....	2
Multiple races.....	<1
Not sure .....	<1

78. Are you of Spanish or Hispanic origin?

Yes.....	2%
No.....	98
Not sure .....	0

79. What is your current marital status?

Single, never married.....	19%
A member of an unmarried couple.....	2
Married .....	66
Separated .....	<1
Divorced .....	7
Widowed.....	6
Not sure .....	0

80. What is the highest grade level of education you have completed?

8th grade or less .....	<1%
Some high school .....	3
High school graduate or GED .....	25
Some college.....	22
Technical school graduate .....	8
College graduate.....	28
Advanced or professional degree .....	13
Not sure .....	<1

81. What county do you live in [FILTER]

Waukesha .....	100%
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82. What city, town or village do you legally reside in?

Waukesha city .....	17%
Brookfield city .....	9
Menomonee Falls village.....	8
New Berlin city .....	8
Lisbon town .....	5
Muskego city.....	5
Hartland village.....	3
Pewaukee city .....	3
Sussex village.....	3
Waukesha town .....	3
All others (2% or less) .....	36

83. What the zip code of your primary residence?

53051 .....	10%
53186 .....	9
53188 .....	8
53189 .....	7
53066 .....	6
53072 .....	6
53150 .....	6
53151 .....	6
53005 .....	5
53045 .....	4
53089 .....	4
53149 .....	4
53018 .....	3
53029 .....	3
53118 .....	3
All others (2% or less) .....	10
No answer .....	8

84. What is your annual household income before taxes?

Less than \$10,000.....	3%
\$10,000 to \$20,000.....	6
\$20,001 to \$30,000.....	9
\$30,001 to \$40,000.....	12
\$40,001 to \$50,000.....	12
\$50,001 to \$60,000.....	14
\$60,001 to \$75,000.....	14
\$75,001 to \$90,000.....	9
Over \$90,000.....	14
Not sure .....	2
No answer .....	4

The next series of questions deal with personal safety issues.

85. During the past year has anyone made you afraid for your personal safety?

Yes.....	6%	üCONTINUE WITH Q86
No.....	94	üGO TO Q87
Not sure .....	<1	üGO TO Q87

86. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? Again, I want to assure you that all your responses are strictly confidential. [45 respondents; More than 1 response accepted]

Stranger .....	23 responses
Acquaintance.....	14 responses
Ex-spouse.....	5 responses
Separated spouse.....	2 responses
Boyfriend or girlfriend.....	2 responses
Spouse.....	1 response
Someone else .....	1 response

87. During the past year has anyone pushed, kicked, slapped, hit or otherwise hurt you?

Yes.....	2%	üCONTINUE WITH Q88
No.....	98	üGO TO Q89
Not sure .....	0	üGO TO Q89

88. What relationship is this person or people to you? For example, a spouse, spouse who is now separated, ex-spouse, boyfriend or girlfriend, parent, brother or sister, friend, acquaintance, a stranger, or someone else? [17 Respondents; More than 1 response accepted]

Acquaintance .....	9 responses
Stranger.....	3 responses
Friend.....	2 responses
Spouse.....	1 response
Separated spouse .....	1 response
Ex-spouse.....	1 response
Boyfriend or girlfriend.....	1 response

89. Finally, do you have working smoke detectors, carbon monoxide detectors, both or neither in your home or apartment?

Smoke detectors .....	53%
Carbon monoxide detectors .....	<1
Both .....	45
Neither .....	2
Not sure .....	<1

## ADDITIONAL QUESTIONS FOR WAUKESHA COUNTY

[Each health department was offered an additional minute for any questions they wanted. They could select from a list of questions provided or develop their own.]

Some communities face a variety of environmental issues. For each of the following please indicate if it is a major, moderate, minor or not a problem within your community.

	Not a Problem	Minor Problem	Moderate Problem	Major Problem	Not Sure
A1. Water pollution in lakes, rivers and streams.....	35%	25%	25%	10%	5%
A2. Sewage or septic.....	51	25	13	5	7
A3. Safe drinking water.....	53	22	14	8	3
A4. Pesticides .....	52	24	12	5	7

A5. Which of the following best describes your level of awareness and experience with your public health department?

Not aware of the health department until now ..... 9%  
 Aware of the health department, but have had  
 no experience with programs or services ..... 64  
 Aware of the health department and have received  
 limited service like a flu shot or other immunization ..... 25  
 Aware of the health department and have received  
 more extensive services ..... 3  
 Not sure.....<1

A6. Outside of your work activity, how many times in a typical week do you exercise for at least 20 minutes with continuous movement that results in your heart beating faster and your beating rate increasing?

Not at all ..... 24%  
 Two times or less ..... 19  
 Three to four times ..... 30  
 Five or more times ..... 25  
 Not sure ..... 1